



## Artichoke Hearts and White Beans with Pasta



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

## Ingredients

- ☐ 1 can artichoke hearts with juice quartered
- ☐ 1 can beans white
- ☐ 1 tablespoon garlic
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 0.5 onion chopped
- ☐ 1 cup pasta shells [use gf pasta cooked for gluten-free] your favorite

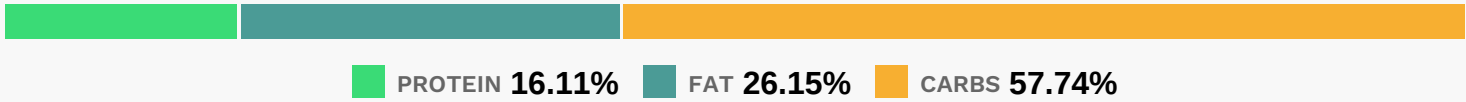
## Equipment

☐ frying pan

## Directions

- ☐ Saute garlic and onion in deep skillet over medium heat for five minutes in olive oil.
- ☐ Add lemon juice, simmer for two minutes.
- ☐ Add artichoke hearts with juice and simmer for another five minutes until sauce is opaque.Lower heat to medium low.
- ☐ Add white beans and cover skillet, allowing ten minutes of cooking time.
- ☐ Add cooked pasta shells, mixing well.
- ☐ Serve with red pepper flakes and [vegan "parmesan"] if desired.

## Nutrition Facts



## Properties

Glycemic Index:34.13, Glycemic Load:10.63, Inflammation Score:-5, Nutrition Score:10.714347809067%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

## Nutrients (% of daily need)

Calories: 262.32kcal (13.12%), Fat: 7.66g (11.79%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 31g (11.27%), Sugar: 1.75g (1.95%), Cholesterol: 0mg (0%), Sodium: 228.46mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.24%), Manganese: 0.72mg (36.1%), Fiber: 7.08g (28.3%), Iron: 3.81mg (21.14%), Folate: 77.79µg (19.45%), Magnesium: 64.15mg (16.04%), Potassium: 548.46mg (15.67%), Selenium: 10.7µg (15.28%), Copper: 0.3mg (14.98%), Vitamin E: 1.91mg (12.73%), Phosphorus: 126.37mg (12.64%), Zinc: 1.45mg (9.64%), Calcium: 89.69mg (8.97%), Vitamin B1: 0.12mg (8.27%), Vitamin B6: 0.14mg (7.15%), Vitamin K: 7.49µg (7.13%), Vitamin C: 4.54mg (5.51%), Vitamin B2: 0.05mg (3.18%), Vitamin B5: 0.28mg (2.78%), Vitamin B3: 0.29mg (1.45%)