



Artichoke, olive & lemon pasta

READY IN



15 min.

SERVINGS



4

CALORIES



537 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g pasta like spaghetti
- ☐ 1 lemon zest
- ☐ 3 tbsp olive oil
- ☐ 50 g parmesan freshly grated
- ☐ 100 g artichoke hearts
- ☐ 1 handful olives black
- ☐ 100 g arugula wild

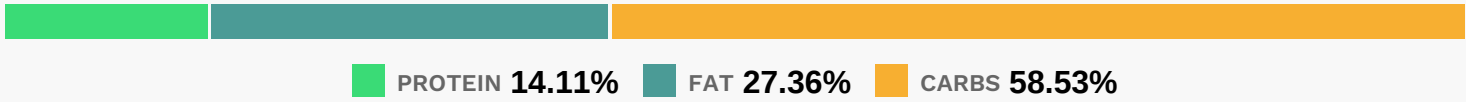
Equipment

☐ frying pan

Directions

- ☐ Boil the pasta. While it cooks, mix together the lemon zest and juice, oil and Parmesan.
- ☐ Drain the pasta, reserving 3 tbsp of the cooking water, then return to the pan with the lemon mix, cooking water, artichokes and olives.
- ☐ Heat through briefly, season well, stir through the rocket, then serve.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:30.29, Inflammation Score:-7, Nutrition Score:18.494782526856%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 8.72mg, Kaempferol: 8.72mg, Kaempferol: 8.72mg, Kaempferol: 8.72mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 536.53kcal (26.83%), Fat: 16.28g (25.05%), Saturated Fat: 3.93g (24.53%), Carbohydrates: 78.36g (26.12%), Net Carbohydrates: 73.46g (26.71%), Sugar: 3.37g (3.75%), Cholesterol: 8.5mg (2.83%), Sodium: 303.05mg (13.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.89g (37.77%), Selenium: 66.19µg (94.56%), Manganese: 1.06mg (53.03%), Vitamin K: 33.95µg (32.34%), Phosphorus: 303.63mg (30.36%), Calcium: 218.46mg (21.85%), Fiber: 4.9g (19.6%), Magnesium: 77.78mg (19.44%), Folate: 74.97µg (18.74%), Copper: 0.33mg (16.64%), Vitamin A: 749.78IU (15%), Zinc: 1.96mg (13.05%), Vitamin E: 1.95mg (13.01%), Potassium: 393.36mg (11.24%), Iron: 1.99mg (11.04%), Vitamin B3: 2.04mg (10.21%), Vitamin B6: 0.2mg (9.81%), Vitamin B2: 0.16mg (9.39%), Vitamin C: 7.01mg (8.5%), Vitamin B1: 0.12mg (8.15%), Vitamin B5: 0.65mg (6.5%), Vitamin B12: 0.15µg (2.5%)