



## Baked Cavatappi With Artichokes and Fennel

READY IN



80 min.

SERVINGS



8

CALORIES



543 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 large sprigs basil
- 15 ounce canned tomatoes canned
- 28 ounce canned tomatoes canned
- 1 pound pasta
- 2 tablespoons extra-virgin olive oil plus more for brushing
- 1.5 cups fennel bulb sliced
- 3 cups mozzarella cheese fresh cubed
- 1 cup ricotta cheese fresh
- 1.5 cups artichoke hearts frozen thawed chopped

- 4 cloves garlic sliced
- 8 servings kosher salt
- 1 cup pecorino cheese freshly grated
- 1 pinch pepper flakes red

## Equipment

- frying pan
- oven
- pot
- baking pan
- corkscrew

## Directions

- Preheat the oven to 450 degrees F. Bring a large pot of salted water to a boil. Cook the cavatappi until very al dente, 2 to 3 minutes less than the label directs; drain.
- Heat the olive oil in a large skillet over medium heat.
- Add the garlic and red pepper flakes and cook until the garlic is golden. Crush the plum tomatoes into the skillet with your hands; rinse out each can with 1/2 cup water and add the water to the skillet.
- Add the basil; simmer, uncovered, until the sauce is thickened, about 15 minutes. Discard the basil; season the sauce with salt. (Alternatively, heat 4 cups prepared tomato sauce.)
- Stir the ricotta into the sauce, then add the artichoke hearts and fennel.
- Brush a 3-to-4-quart baking dish with olive oil. Toss the cooked pasta with the sauce and half of each cheese.
- Spread in the prepared baking dish.
- Sprinkle the remaining cheese over the pasta.
- Bake, uncovered, until browned, about 15 minutes.
- Let rest 15 minutes before serving.
- Photograph by Lisa Shin

## Nutrition Facts

PROTEIN 20.38% FAT 35.51% CARBS 44.11%

## Properties

Glycemic Index:43, Glycemic Load:21.22, Inflammation Score:-8, Nutrition Score:25.046521570372%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 542.67kcal (27.13%), Fat: 21.8g (33.53%), Saturated Fat: 11g (68.73%), Carbohydrates: 60.91g (20.3%), Net Carbohydrates: 53.92g (19.61%), Sugar: 9.48g (10.54%), Cholesterol: 61.99mg (20.66%), Sodium: 867.59mg (37.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.15g (56.3%), Selenium: 50.62µg (72.31%), Calcium: 493.2mg (49.32%), Manganese: 0.99mg (49.31%), Phosphorus: 485.08mg (48.51%), Fiber: 6.99g (27.96%), Copper: 0.5mg (24.95%), Folate: 98.24µg (24.56%), Vitamin B2: 0.41mg (24.02%), Potassium: 833.48mg (23.81%), Magnesium: 92.93mg (23.23%), Vitamin K: 24.18µg (23.03%), Vitamin C: 18.89mg (22.89%), Zinc: 3.32mg (22.11%), Vitamin B6: 0.41mg (20.61%), Vitamin B12: 1.2µg (20.05%), Iron: 3.52mg (19.57%), Vitamin A: 921.75IU (18.43%), Vitamin E: 2.72mg (18.12%), Vitamin B3: 3.41mg (17.07%), Vitamin B1: 0.22mg (14.48%), Vitamin B5: 0.98mg (9.78%), Vitamin D: 0.29µg (1.95%)