



Black Tie Pasta

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



752 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 small jar artichokes hearts in marinade drained coarsely chopped
- ☐ 1 tablespoon basil-infused olive oil plus more for drizzling
- ☐ 2 cloves garlic minced
- ☐ 2 servings kosher salt and freshly cracked pepper black
- ☐ 0.3 pound pancetta chunk cut into 1/3-inch dice
- ☐ 0.5 pound fettuccine pasta black

Equipment

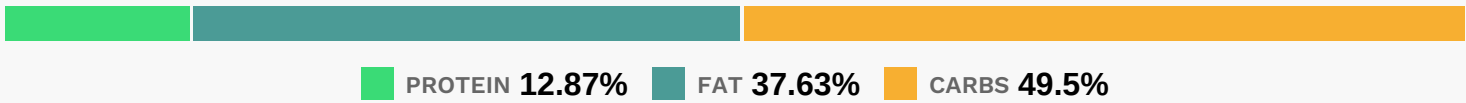
- ☐ bowl

- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Pour the oil in a medium skillet over moderate heat until hot but not smoking.
- ☐ Add the pancetta and cook until crispy, 3 to 4 minutes. Using a slotted spoon, remove the pancetta and set aside.
- ☐ Add the garlic to the pan and cook until fragrant, about 30 seconds.
- ☐ Add the artichokes and saute, stirring, about 3 minutes.
- ☐ Bring a large pot of salted water to a boil over moderately-high heat.
- ☐ Add the pasta and cook until al dente, following the package directions.
- ☐ Drain, reserving 1/2 cup cooking liquid.
- ☐ Add the pasta, 2 tablespoons of the artichoke marinade and half the pancetta to the pan (if the pasta seems dry, add a little bit of the cooking liquid). Season with salt and pepper and toss until combined and heated through.
- ☐ Transfer to a bowl, garnish with the remaining pancetta and a drizzle of olive oil.
- ☐ BYOC: This dish would also be fantastic with some sauteed calamari on top and would look beautiful. The contrast of the black and white would knock your guest's socks off.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:35.3, Inflammation Score:-6, Nutrition Score:20.465652147065%

Flavonoids

Naringenin: 7.5mg, Naringenin: 7.5mg, Naringenin: 7.5mg, Naringenin: 7.5mg Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 751.69kcal (37.58%), Fat: 31.32g (48.19%), Saturated Fat: 8.84g (55.27%), Carbohydrates: 92.7g (30.9%), Net Carbohydrates: 85.77g (31.19%), Sugar: 3.65g (4.06%), Cholesterol: 37.42mg (12.47%), Sodium: 632.99mg (27.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.1g (48.19%), Selenium: 83.61µg (119.44%), Manganese: 1.25mg (62.52%), Phosphorus: 354.56mg (35.46%), Fiber: 6.93g (27.73%), Magnesium: 103.66mg (25.91%), Copper: 0.5mg (24.96%), Vitamin B3: 4.86mg (24.28%), Vitamin B6: 0.42mg (20.93%), Vitamin B1: 0.31mg (20.52%), Zinc: 2.6mg (17.32%), Potassium: 599.28mg (17.12%), Folate: 61.3µg (15.33%), Iron: 2.57mg (14.26%), Vitamin K: 13.26µg (12.63%), Vitamin B5: 1.02mg (10.24%), Vitamin E: 1.49mg (9.95%), Vitamin C: 7.96mg (9.64%), Vitamin B2: 0.16mg (9.23%), Calcium: 58.67mg (5.87%), Vitamin B12: 0.28µg (4.72%), Vitamin D: 0.23µg (1.51%)