



## 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 drained coarsely chopped
- 1 tablespoon basil oil plus more for drizzling
- 2 cloves garlic minced
- 2 servings kosher salt black
- 0.3 pound pancetta chunk cut into 1/3-inch dice
- 0.5 pound soup noodles black

## Equipment

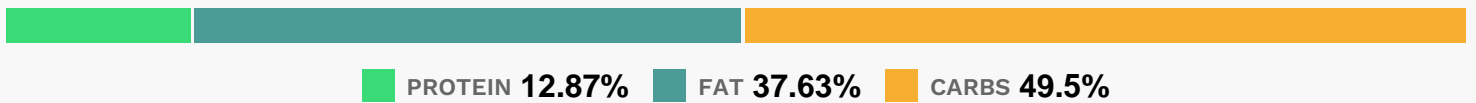
- bowl

- 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: 0g (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%)