



Carrie's Artichoke and Sun-Dried Tomato Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



740 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 ounce olives black drained sliced canned
- 1 teaspoon pepper black
- 4 tablespoons butter
- 1 cup cooking wine dry white
- 8 ounce fettuccine barilla fresh
- 3 cloves garlic crushed
- 2 tablespoons juice of lemon
- 10 ounces marinated artichoke hearts

- 8 ounce mushrooms sliced
- 0.5 medium onion chopped
- 1 cup parmesan cheese
- 8 ounce sun-dried tomatoes packed in oil
- 1 tomatoes ripe chopped

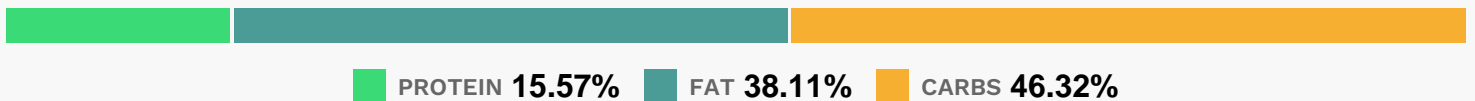
Equipment

- sauce pan
- pot

Directions

- Fill a large pot with lightly salted water and bring it to a rolling boil.
- While the water is heating, melt the butter over medium heat in a large saucepan.
- Add the onions, mushrooms, and garlic; cook and stir until tender, about 5 minutes.
- Stir in the sun-dried tomatoes, olives, artichoke hearts, wine, and lemon juice. Bring to a boil; reduce the heat and simmer until liquid is reduced by a third, about 4 minutes.
- Cook the fresh pasta in boiling water until done, about 2 minutes.
- Drain.
- Toss pasta with sauce. Top with fresh tomatoes and cheese, add pepper to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:81.25, Glycemic Load:26.09, Inflammation Score:-9, Nutrition Score:39.086956304053%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.54mg, Naringenin: 0.54mg,

Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg
Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg,
Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin:
0.09mg, Myricetin: 0.09mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 739.87kcal (36.99%), Fat: 30.87g (47.5%), Saturated Fat: 13.26g (82.88%), Carbohydrates: 84.42g
(28.14%), Net Carbohydrates: 72.32g (26.3%), Sugar: 26.68g (29.65%), Cholesterol: 94.73mg (31.58%), Sodium:
1062.02mg (46.17%), Alcohol: 6.18g (100%), Alcohol %: 1.92% (100%), Protein: 28.37g (56.74%), Manganese: 1.79mg
(89.42%), Selenium: 59.44µg (84.92%), Potassium: 2454.68mg (70.13%), Copper: 1.22mg (60.97%), Phosphorus:
591.68mg (59.17%), Vitamin C: 47.13mg (57.13%), Fiber: 12.1g (48.39%), Vitamin B3: 8.77mg (43.84%), Magnesium:
173.45mg (43.36%), Iron: 7.67mg (42.61%), Calcium: 423.2mg (42.32%), Vitamin A: 2100.07IU (42%), Vitamin B2:
0.67mg (39.3%), Vitamin B1: 0.48mg (32.18%), Vitamin K: 29.85µg (28.43%), Vitamin B5: 2.78mg (27.83%), Vitamin
B6: 0.5mg (25.06%), Zinc: 3.4mg (22.67%), Folate: 76.71µg (19.18%), Vitamin E: 1.33mg (8.85%), Vitamin B12: 0.51µg
(8.52%), Vitamin D: 0.41µg (2.72%)