



Cavatappi with Shrimp, Sugar Snaps and Artichokes

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



489 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 18 ounce artichoke hearts frozen dry thawed
- ☐ 2 pounds pasta dried (long corkscrew pasta tubes)
- ☐ 0.5 cup cooking wine dry white
- ☐ 1.5 pounds avarakkai / broad beans shelled
- ☐ 6 garlic cloves--2 lightly smashed thinly sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup olive oil extra-virgin

- ☐ 2 chiles fresh red thinly sliced
- ☐ 12 servings salt and pepper freshly ground
- ☐ 4 scallions thinly sliced
- ☐ 2.3 pounds shrimp--shelled deveined halved lengthwise
- ☐ 1 pound sugar snap peas
- ☐ 2 tablespoons tarragon chopped

Equipment

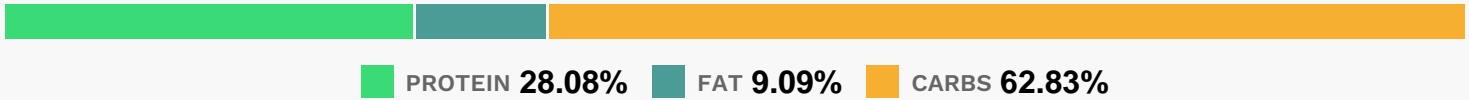
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ In a bowl, combine the artichokes with the smashed garlic, 2 tablespoons of the olive oil and the lemon juice; season with salt and pepper. Refrigerate for up to 1 day. Discard the garlic.
- ☐ Cook the sugar snap peas in boiling water until just tender, about 5 minutes. Using a slotted spoon, transfer them to a colander set under cold running water; drain. Repeat with the fava beans, cooking them for 2 minutes. Peel the beans, then add them to the peas.
- ☐ Heat a 12-inch skillet.
- ☐ Add the artichokes in a single layer and cook over high heat, turning once or twice, until golden, about 8 minutes.
- ☐ Transfer the artichokes to a large bowl. Repeat with the snap peas and fava beans, cooking them for 3 minutes; add to the artichokes.
- ☐ Cook the pasta in a stockpot of boiling salted water until al dente.
- ☐ Drain well, reserving 1/2 cup of the cooking water; add the pasta to the vegetables.
- ☐ Meanwhile, heat the remaining 3/4 cup of olive oil in the skillet.
- ☐ Add the chiles and sliced garlic and cook over high heat, stirring, for 2 minutes.

- ☐
- Add the shrimp, scallions and tarragon, season with salt and pepper and cook, stirring, just until the shrimp turn pink.
- ☐
- Add the wine and cook, stirring, for 2 minutes, then pour over the pasta and toss; add some of the cooking water if the pasta looks dry. Season with salt and pepper and serve.
- ☐
- Wine Recommendation: An elegant Chianti Classico

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:28.21, Inflammation Score:-8, Nutrition Score:23.983043152353%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 489.47kcal (24.47%), Fat: 4.9g (7.53%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 76.13g (25.38%), Net Carbohydrates: 67.67g (24.61%), Sugar: 5.2g (5.77%), Cholesterol: 136.93mg (45.64%), Sodium: 326.73mg (14.21%), Alcohol: 1.03g (100%), Alcohol %: 0.39% (100%), Protein: 34.02g (68.05%), Selenium: 49.94µg (71.34%), Manganese: 1.31mg (65.32%), Vitamin C: 38.17mg (46.26%), Phosphorus: 453.01mg (45.3%), Copper: 0.78mg (38.84%), Folate: 149.91µg (37.48%), Fiber: 8.46g (33.84%), Magnesium: 122.8mg (30.7%), Potassium: 811.02mg (23.17%), Iron: 3.86mg (21.43%), Vitamin K: 22.19µg (21.13%), Zinc: 3.13mg (20.85%), Vitamin B6: 0.34mg (16.81%), Vitamin B1: 0.22mg (14.58%), Calcium: 136.11mg (13.61%), Vitamin A: 645.36IU (12.91%), Vitamin B3: 2.52mg (12.61%), Vitamin B2: 0.21mg (12.6%), Vitamin B5: 0.81mg (8.11%), Vitamin E: 0.71mg (4.72%)