



 **9%**
HEALTH SCORE

Creamy Artichoke Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



543 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 3 cloves garlic chopped
- 0.1 teaspoon ground pepper
- 0.3 teaspoon pepper black
- 0.5 cup cottage cheese low-fat
- 0.5 cup cream sour low-fat
- 6 ounce marinated artichoke canned
- 1 tablespoon olive oil
- 1 small onion

- 1 teaspoon oregano dried
- 0.5 cup parmesan cheese grated
- 0.5 teaspoon salt
- 12 ounces pasta like spaghetti uncooked

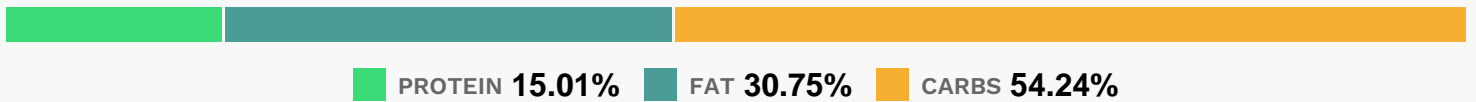
Equipment

- frying pan
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add spaghetti and cook until al dente.
- Drain and keep warm.
- While pasta is cooking, heat a large skillet over medium-high heat.
- Place olive oil, butter, and liquid from artichoke hearts in skillet.
- Cut artichoke hearts into bite-size pieces. When olive oil mixture is hot, add onion and garlic.
- Saute until soft and lightly browned. Stir in artichoke hearts and saute until heated through. Season with salt, black pepper, cayenne pepper, and oregano.
- Remove from heat and stir in cottage cheese and sour cream. Toss mixture with cooked pasta and top with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:26.13, Inflammation Score:-8, Nutrition Score:15.793043626391%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 542.6kcal (27.13%), Fat: 18.35g (28.23%), Saturated Fat: 6.98g (43.63%), Carbohydrates: 72.83g (24.28%), Net Carbohydrates: 68.65g (24.97%), Sugar: 4.33g (4.81%), Cholesterol: 29.59mg (9.86%), Sodium: 838.51mg (36.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.15g (40.31%), Selenium: 62.04µg (88.62%), Manganese: 0.89mg (44.72%), Phosphorus: 308.74mg (30.87%), Calcium: 212.42mg (21.24%), Fiber: 4.18g (16.71%), Vitamin A: 762.46IU (15.25%), Magnesium: 57.79mg (14.45%), Copper: 0.28mg (14.11%), Zinc: 2.07mg (13.79%), Vitamin C: 11.25mg (13.63%), Vitamin B2: 0.19mg (11.01%), Vitamin B6: 0.21mg (10.6%), Iron: 1.83mg (10.15%), Potassium: 342.63mg (9.79%), Vitamin B3: 1.58mg (7.9%), Vitamin B12: 0.47µg (7.89%), Vitamin B1: 0.11mg (7.42%), Folate: 27.38µg (6.85%), Vitamin E: 0.95mg (6.32%), Vitamin K: 6.29µg (5.99%), Vitamin B5: 0.51mg (5.13%)