



Dijon-Artichoke Pasta

READY IN



17 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.3 ounce artichoke hearts drained quartered canned
- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 10.8 ounce cream of mushroom soup reduced-fat reduced-sodium canned
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup green onion sliced 1 large
- ☐ 8 ounces pasta uncooked
- ☐ 1 tablespoon olives ripe chopped
- ☐ 0.3 cup parmesan cheese freshly grated

- ☐ 4 servings pepper freshly ground
- ☐ 0.3 cup evaporated skimmed milk

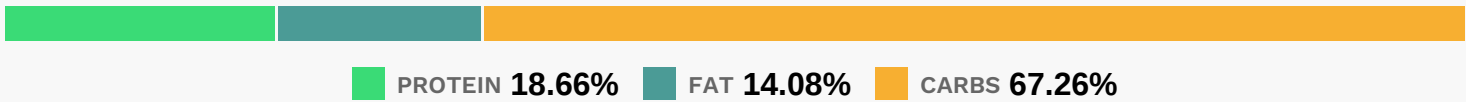
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ While pasta cooks, combine soup and next 3 ingredients in a microwave-safe bowl. Microwave at HIGH 3 minutes, stirring once.
- ☐ Add artichokes and mushrooms. Microwave at HIGH 2 minutes or until thoroughly heated, stirring once.
- ☐ Toss artichoke mixture with pasta.
- ☐ Sprinkle with Parmesan cheese and remaining 3 ingredients.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.56, Glycemic Load:17.56, Inflammation Score:-4, Nutrition Score:13.081739213156%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 346.61kcal (17.33%), Fat: 5.11g (7.86%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 54.92g (18.31%), Net Carbohydrates: 50.14g (18.23%), Sugar: 4.45g (4.94%), Cholesterol: 9.86mg (3.29%), Sodium: 1270.44mg (55.24%), Alcohol: 2.06g (100%), Alcohol %: 0.8% (100%), Protein: 15.23g (30.47%), Selenium: 42.22µg (60.32%), Manganese: 0.86mg (42.81%), Phosphorus: 223.69mg (22.37%), Copper: 0.4mg (20.05%), Fiber: 4.78g (19.12%), Zinc: 2.3mg (15.35%), Magnesium: 51.51mg (12.88%), Vitamin K: 13.48µg (12.84%), Calcium: 112.78mg (11.28%), Vitamin B3: 2.23mg (11.16%), Iron: 1.81mg (10.04%), Potassium: 349.47mg (9.98%), Vitamin B2: 0.15mg (8.66%), Vitamin B6: 0.17mg (8.25%), Vitamin B1: 0.12mg (8.18%), Vitamin B5: 0.75mg (7.5%), Folate: 24.53µg (6.13%), Vitamin B12: 0.32µg (5.41%), Vitamin A: 171.76IU (3.44%), Vitamin D: 0.31µg (2.08%), Vitamin E: 0.23mg (1.57%), Vitamin C: 1.21mg (1.46%)