



Farfalle with Artichokes, Peppers, and Almonds



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup roasted almonds divided
- ☐ 0.8 pound baby artichokes (5)
- ☐ 12 ounces farfalle pasta
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 0.8 tsp kosher salt
- ☐ 2 lemon zest divided

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.8 teaspoon pepper
- ☐ 16 oz roasted bell peppers red rinsed chopped

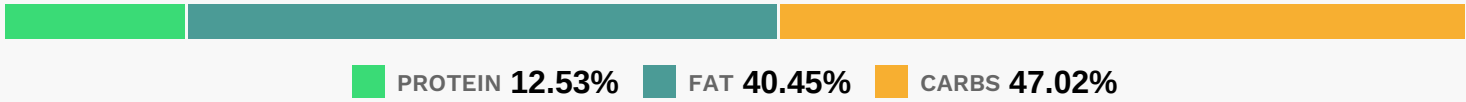
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ mandoline

Directions

- ☐ Combine lemon zest and juice from 1 lemon in a large bowl with the garlic, pepper, 3/4 tsp. salt, the oil, and roasted peppers.
- ☐ Put juice from remaining lemon in another large bowl, half full of water. Pull off and discard outer leaves from 1 artichoke at a time, down to tender, pale centers.
- ☐ Cut off and discard thorny tips, trim stems, and drop into lemon water.
- ☐ Slice 1 artichoke at a time paper-thin lengthwise, using a mandoline or knife, and stir as cut into pepper mixture.
- ☐ Let stand about 30 minutes.
- ☐ Meanwhile, cook pasta as package directs in a large pot of salted boiling water.
- ☐ Drain pasta, saving 1 cup pasta water. Toss pasta with pepper mixture, then with parsley and 1/2 cup almonds.
- ☐ Mix in a little pasta water if needed for a looser texture.
- ☐ Serve with remaining almonds and season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:17.41, Inflammation Score:-9, Nutrition Score:24.818260856297%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 471.66kcal (23.58%), Fat: 22.03g (33.9%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 57.63g (19.21%), Net Carbohydrates: 48.4g (17.6%), Sugar: 3.71g (4.12%), Cholesterol: 0mg (0%), Sodium: 1403.47mg (61.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.72%), Vitamin K: 87.9µg (83.72%), Manganese: 1.24mg (62.14%), Vitamin C: 45.83mg (55.55%), Selenium: 37.21µg (53.16%), Vitamin E: 7.51mg (50.04%), Fiber: 9.22g (36.89%), Magnesium: 106.2mg (26.55%), Vitamin A: 1323.33IU (26.47%), Copper: 0.52mg (26.17%), Phosphorus: 241.98mg (24.2%), Vitamin B2: 0.34mg (19.79%), Iron: 3.55mg (19.74%), Calcium: 139.63mg (13.96%), Vitamin B6: 0.27mg (13.44%), Potassium: 449.89mg (12.85%), Zinc: 1.75mg (11.69%), Vitamin B3: 2.33mg (11.63%), Folate: 40.72µg (10.18%), Vitamin B1: 0.13mg (8.44%), Vitamin B5: 0.42mg (4.21%)