



 **15%**
HEALTH SCORE

Fettuccine con Carciofi

READY IN



45 min.

SERVINGS



6

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 large artichokes
- 6 tablespoons wine dry white
- 12 ounces fettuccine barilla
- 2 garlic clove peeled
- 1 optional: lemon halved
- 6 tablespoons olive oil extra virgin extra-virgin
- 2.5 ounces parmesan cheese divided freshly grated
- 3 tablespoons parsley fresh italian divided chopped

Equipment

- bowl
- frying pan
- knife
- pot

Directions

- Fill large bowl with cold water. Squeeze juice from lemon halves into water; add lemon halves. Working with 1 artichoke at a time, cut off stem from artichoke. Using small knife, peel stem, then slice into 1/4-inch-thick rounds. Drop stem slices into lemon water. Pull off leaves from artichoke and discard. Using spoon, scoop out choke. Thinly slice artichoke bottom. Drop artichoke slices into lemon water. Repeat with remaining artichokes.
- Heat oil in heavy large skillet over medium heat.
- Add garlic; sauté 1 minute.
- Drain artichoke pieces; add to skillet. Sauté until artichokes are soft and beginning to turn golden, about 20 minutes.
- Add wine; reduce heat to medium-low, cover, and simmer 3 minutes. Stir in 1 1/2 tablespoons parsley; simmer 1 minute. Discard garlic. Season sauce with salt and pepper.
- Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- Drain pasta, reserving 1 cup pasta cooking liquid.
- Return pasta to pot; add artichoke sauce and half of cheese and toss to blend, adding some of reserved pasta cooking liquid if dry. Season to taste with salt and pepper.
- Transfer to bowl.
- Sprinkle with remaining cheese and 1 1/2 tablespoons parsley and serve.

Nutrition Facts

 **PROTEIN 12.9%**  **FAT 40.05%**  **CARBS 47.05%**

Properties

Glycemic Index:29.75, Glycemic Load:18.75, Inflammation Score:-7, Nutrition Score:19.336087050645%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.08mg, Hesperetin: 5.08mg, Hesperetin: 5.08mg, Hesperetin: 5.08mg Naringenin: 10.28mg, Naringenin: 10.28mg, Naringenin: 10.28mg, Naringenin: 10.28mg Apigenin: 10.38mg, Apigenin: 10.38mg, Apigenin: 10.38mg, Apigenin: 10.38mg Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 449.01kcal (22.45%), Fat: 20.02g (30.8%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 52.91g (17.64%), Net Carbohydrates: 46.08g (16.76%), Sugar: 2.5g (2.77%), Cholesterol: 57.9mg (19.3%), Sodium: 297.44mg (12.93%), Alcohol: 1.54g (100%), Alcohol %: 0.98% (100%), Protein: 14.51g (29.01%), Selenium: 49.21µg (70.29%), Vitamin K: 53.78µg (51.22%), Manganese: 0.75mg (37.25%), Phosphorus: 292.7mg (29.27%), Fiber: 6.84g (27.34%), Vitamin C: 21.99mg (26.65%), Magnesium: 89.81mg (22.45%), Folate: 77.43µg (19.36%), Copper: 0.37mg (18.67%), Calcium: 170.65mg (17.06%), Vitamin E: 2.48mg (16.55%), Potassium: 510.5mg (14.59%), Iron: 2.54mg (14.08%), Zinc: 2.06mg (13.73%), Vitamin B6: 0.26mg (13.1%), Vitamin B1: 0.17mg (11.3%), Vitamin B3: 2.11mg (10.57%), Vitamin B2: 0.15mg (9.07%), Vitamin B5: 0.88mg (8.84%), Vitamin A: 320.39IU (6.41%), Vitamin B12: 0.32µg (5.4%), Vitamin D: 0.23µg (1.53%)