



WHATSheATE



Fettuccine with Artichokes



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



301 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.8 lb egg fettuccine dried
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 18 ounce artichoke hearts frozen thawed (not)
- ☐ 1 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 cups onion chopped

- ☐ 0.3 cup parmigiano-reggiano plus additional finely grated for serving
- ☐ 0.1 teaspoon red-pepper flakes dried hot
- ☐ 1 teaspoon salt
- ☐ 0.3 cup butter unsalted

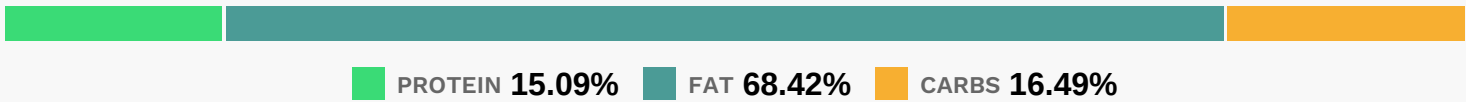
Equipment

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

Directions

- ☐ Cook artichoke hearts in a 6- to 8-quart pot of boiling salted water until just tender, about 2 minutes.
- ☐ Transfer to a bowl with a slotted spoon. Return water to a boil.
- ☐ Meanwhile, heat oil and butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté onion, salt, pepper, red-pepper flakes, and zest, stirring occasionally, until onion is softened, about 8 minutes.
- ☐ Add artichokes and sauté, stirring occasionally, 3 minutes. Stir in lemon juice (to taste), then remove from heat and transfer mixture to a large heatproof bowl.
- ☐ While artichokes are sautéing, cook pasta in boiling water until al dente. Reserve 1 cup pasta-cooking water, then drain pasta in a colander and add to artichoke mixture along with 1/2 cup reserved water.
- ☐ Add parsley and cheese and toss to combine. Season pasta with salt and thin with additional reserved cooking water if desired.
- ☐ Serve with additional cheese on the side.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:17.370000258736%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg

Nutrients (% of daily need)

Calories: 301.48kcal (15.07%), Fat: 23.62g (36.33%), Saturated Fat: 8.68g (54.23%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 8.31g (3.02%), Sugar: 2.63g (2.93%), Cholesterol: 234.09mg (78.03%), Sodium: 581.73mg (25.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.45%), Vitamin K: 88.85µg (84.62%), Folate: 152.7µg (38.18%), Selenium: 18.9µg (27%), Vitamin B2: 0.42mg (24.46%), Vitamin A: 1141.9IU (22.84%), Phosphorus: 211.77mg (21.18%), Vitamin C: 16.5mg (20%), Fiber: 4.49g (17.95%), Manganese: 0.32mg (16.19%), Vitamin E: 2.19mg (14.6%), Vitamin B6: 0.24mg (12.09%), Calcium: 120.48mg (12.05%), Potassium: 407.14mg (11.63%), Vitamin B5: 1.15mg (11.51%), Iron: 1.96mg (10.87%), Magnesium: 40.18mg (10.04%), Vitamin B12: 0.57µg (9.51%), Vitamin D: 1.3µg (8.64%), Zinc: 1.28mg (8.52%), Vitamin B1: 0.1mg (6.93%), Copper: 0.12mg (6.07%), Vitamin B3: 0.93mg (4.63%)