




# Fregola with Artichokes, Feta, Almonds, and Herbs

 Vegetarian

READY IN  
  
35 min.

SERVINGS  
  
4

CALORIES  
  
602 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1.5 pounds artichokes peeled
- 0.3 teaspoon pepper black
- 6 tablespoons olive oil extra virgin
- 4 ounces feta cheese crumbled
- 3 tablespoons optional: dill fresh chopped
- 3 tablespoons mint leaves fresh chopped
- 3 garlic clove peeled smashed

- 1.3 cup regular couscous
- 1 juice of lemon
- 1 tablespoon kosher salt
- 0.1 teaspoon pepper red
- 0.3 cup slivered almonds dry toasted

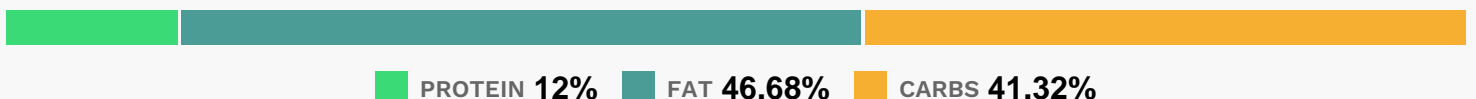
## Equipment

- bowl
- pot
- slotted spoon

## Directions

- Fill a medium bowl with water and add the lemon juice.
- Cut off the top third of the artichokes as well as the tough bottom part of the stem. Trim away the dark skin from the base, then cut each artichoke in half lengthwise. Using a grapefruit spoon or small teaspoon, scrape out the hairy "choke" inside each half, and pull out any purple leaves. Slice the artichokes into 1/2-inch wide pieces.
- In a medium (3-quart) pot, bring 6 cups of water, olive oil, salt, garlic cloves, and pepper flakes to a boil.
- Add the artichokes and simmer, covered, until tender, 5-7 minutes.
- Remove the artichokes with a slotted spoon to a bowl, leaving the water.
- Bring the water back to a boil and add the fregola (or couscous) and cook until tender, 10-12 minutes.
- Drain well and return to the pot.
- Add the artichokes, almonds, mint, dill, and most of the feta, and 2 tablespoons more olive oil. Toss well and season to taste with salt and pepper.
- Serve with a remaining feta sprinkled on top.

## Nutrition Facts



## Properties

Glycemic Index:52.75, Glycemic Load:28.55, Inflammation Score:-8, Nutrition Score:25.412173799846%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 21.4mg, Naringenin: 21.4mg, Naringenin: 21.4mg, Naringenin: 21.4mg Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg Luteolin: 4.41mg, Luteolin: 4.41mg, Luteolin: 4.41mg, Luteolin: 4.41mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 601.99kcal (30.1%), Fat: 32.26g (49.64%), Saturated Fat: 7.15g (44.7%), Carbohydrates: 64.25g (21.42%), Net Carbohydrates: 50.84g (18.49%), Sugar: 2.29g (2.55%), Cholesterol: 25.23mg (8.41%), Sodium: 2235.89mg (97.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.31%), Manganese: 1.17mg (58.69%), Fiber: 13.41g (53.65%), Magnesium: 159.79mg (39.95%), Phosphorus: 390.12mg (39.01%), Vitamin E: 5.74mg (38.27%), Vitamin K: 38.64µg (36.8%), Folate: 145.72µg (36.43%), Copper: 0.65mg (32.55%), Vitamin C: 24.95mg (30.25%), Vitamin B2: 0.51mg (30.06%), Calcium: 267.95mg (26.79%), Potassium: 845.36mg (24.15%), Vitamin B3: 4.35mg (21.75%), Vitamin B6: 0.43mg (21.35%), Iron: 3.68mg (20.46%), Vitamin B1: 0.28mg (18.77%), Zinc: 2.46mg (16.38%), Vitamin B5: 1.59mg (15.95%), Vitamin B12: 0.48µg (7.99%), Selenium: 5.31µg (7.59%), Vitamin A: 344.16IU (6.88%)