



Gemelli with White Beans and Artichokes

READY IN



28 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained cut into 1/4-inch slices canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15.5 ounce cannellini beans rinsed drained canned
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 6 ounces gemelli uncooked
- ☐ 1 tablespoon olive oil
- ☐ 3 cups onion thinly sliced (2)
- ☐ 0.5 teaspoon salt

☐

3 tablespoons pre-shredded parmesan cheese fresh

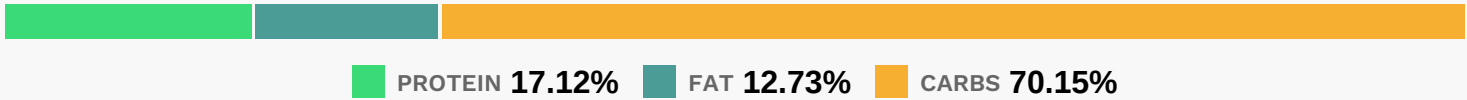
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and cook, stirring occasionally, 12 minutes or until golden brown.
- ☐ Add garlic, sliced artichoke, and beans; toss gently. Cover, reduce heat, and simmer 4 minutes or until thoroughly heated.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain, reserving 1/3 cup cooking liquid.
- ☐ Combine pasta, onion mixture, reserved cooking liquid, and remaining ingredients in a large bowl. Toss well.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:15.37, Inflammation Score:-8, Nutrition Score:16.735217338023%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 24.37mg, Quercetin: 24.37mg, Quercetin: 24.37mg, Quercetin: 24.37mg

Nutrients (% of daily need)

Calories: 401.32kcal (20.07%), Fat: 5.68g (8.73%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 70.36g (23.45%), Net Carbohydrates: 59.98g (21.81%), Sugar: 7.03g (7.81%), Cholesterol: 2.55mg (0.85%), Sodium: 729.15mg (31.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.35%), Manganese: 1.04mg (52.01%), Selenium: 32.94µg (47.06%), Fiber: 10.38g (41.53%), Folate: 120.76µg (30.19%), Phosphorus: 292.78mg (29.28%), Magnesium:

93.58mg (23.4%), Potassium: 668.26mg (19.09%), Copper: 0.36mg (17.83%), Vitamin B1: 0.25mg (16.94%), Vitamin B6: 0.34mg (16.81%), Iron: 2.65mg (14.75%), Calcium: 143.93mg (14.39%), Vitamin C: 10.81mg (13.11%), Zinc: 1.64mg (10.96%), Vitamin K: 9.14µg (8.7%), Vitamin B2: 0.14mg (8.15%), Vitamin B3: 1.4mg (6.99%), Vitamin B5: 0.66mg (6.63%), Vitamin E: 0.6mg (3.98%), Vitamin A: 111.56IU (2.23%)