



Jerusalem Artichoke and Artichoke Heart Linguine

READY IN



45 min.

SERVINGS



4

CALORIES



756 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 oz artichoke hearts dry drained quartered canned
- ☐ 0.3 cup mint leaves fresh thinly sliced
- ☐ 6 large garlic clove thinly sliced
- ☐ 1 lb sunchokes thick
- ☐ 1 tsp juice of lemon fresh
- ☐ 1 lb pasta dried
- ☐ 3 tbsp olive oil extra virgin extra-virgin
- ☐ 4 servings pecorino cheese freshly grated for garnish

- ☐ 0.3 tsp pepper freshly ground
- ☐ 1 small onion red thinly sliced
- ☐ 0.1 tsp pepper red
- ☐ 1 tbsp sea salt fine

Equipment

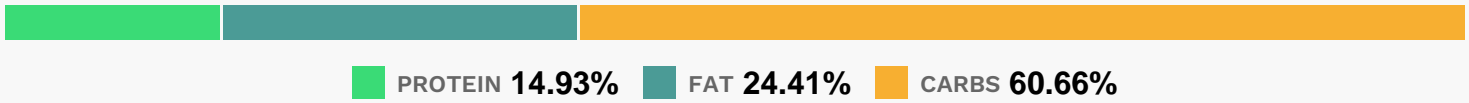
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot two-thirds full of water, add the 1 tbsp salt, and bring to a boil over high heat.
- ☐ Add the pasta and stir. Cook the pasta until al dente (cooked through but still slightly chewy), 7 to 8 minutes.
- ☐ While the pasta water is heating and pasta is cooking, in a large sauté pan, heat the oil over medium-high heat and swirl to coat the pan bottom.
- ☐ Add the Jerusalem artichokes, the remaining 1 tsp salt, the pepper, and red pepper flakes and sauté until the Jerusalem artichokes begin to brown on the edges, about 5 minutes.
- ☐ Add the onion and sauté until translucent, about 5 minutes more.
- ☐ Add the artichoke hearts and garlic and continue sautéing until the artichoke hearts are heated through and the garlic is soft but not brown, about 3 minutes.
- ☐ Add the lemon juice and toss to coat.
- ☐ When the pasta is ready, drain it in a colander, reserving 1 cup/240 ml of the cooking water.
- ☐ Add the pasta and the mint to the sauté pan and toss to combine with the Jerusalem artichoke mixture.
- ☐ Add just enough of the reserved pasta water, a little at a time, as needed to moisten. Taste and adjust the seasoning. Divide the pasta among warmed individual bowls and shower with the cheese.
- ☐ Serve immediately.

From Roots: The Definitive Compendium with more than 225 Recipes by Diane Morgan. Text copyright © 2012 by Diane Morgan; photographs copyright © 2012 by Antonis Achilleos. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:41.08, Inflammation Score:-7, Nutrition Score:24.23434790321%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 755.75kcal (37.79%), Fat: 20.4g (31.38%), Saturated Fat: 6.92g (43.27%), Carbohydrates: 114.03g (38.01%), Net Carbohydrates: 106.22g (38.63%), Sugar: 16.14g (17.94%), Cholesterol: 31.2mg (10.4%), Sodium: 2485.82mg (108.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.08g (56.16%), Selenium: 77.61µg (110.88%), Manganese: 1.28mg (63.97%), Phosphorus: 548.17mg (54.82%), Calcium: 382.21mg (38.22%), Iron: 5.94mg (32.97%), Fiber: 7.82g (31.26%), Copper: 0.53mg (26.64%), Magnesium: 98.23mg (24.56%), Vitamin B1: 0.36mg (24.3%), Potassium: 843.99mg (24.11%), Vitamin B6: 0.37mg (18.43%), Vitamin B3: 3.55mg (17.73%), Zinc: 2.65mg (17.66%), Vitamin B2: 0.27mg (15.76%), Vitamin E: 1.96mg (13.05%), Folate: 46.11µg (11.53%), Vitamin B5: 1.14mg (11.4%), Vitamin C: 9.35mg (11.34%), Vitamin K: 7.66µg (7.3%), Vitamin A: 286.9IU (5.74%), Vitamin B12: 0.34µg (5.6%)