



Lemon Fettuccine with Artichokes and Pine Nuts

READY IN



20 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 28 ounce artichoke hearts drained quartered canned
- 14.5 ounce canned tomatoes diced drained canned
- 3 cups cooked fettuccine hot cooked
- 0.5 cup wine dry white
- 0.3 cup basil fresh thinly sliced
- 0.3 cup basil fresh thinly sliced
- 2 garlic clove minced
- 2 teaspoons juice of lemon fresh

- 1 teaspoon lemon zest grated
- 1 teaspoon olive oil
- 0.5 cup onion fresh minced
- 2 ounces parmesan fresh grated
- 0.3 teaspoon pepper
- 0.3 cup pinenuts toasted
- 0.5 teaspoon salt
- 0.5 cup vegetable stock
- 2 zucchini grated

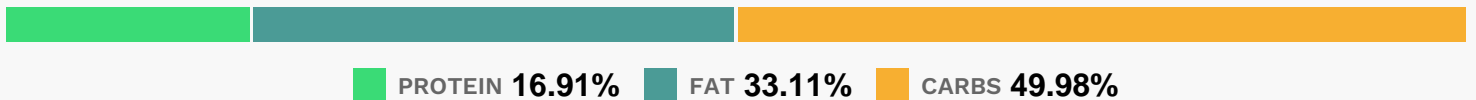
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add onion and garlic; saut 2 minutes. Reduce heat to medium; add tomatoes, broth, and wine. Bring to a boil.
- Add zucchini and next 5 ingredients; simmer 3 to 4 minutes.
- Add pasta and basil to sauce mixture, tossing well.
- Sprinkle with cheese and pine nuts.

Nutrition Facts



Properties

Glycemic Index:69.83, Glycemic Load:8.45, Inflammation Score:-6, Nutrition Score:13.728695576606%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.32mg

Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 240.82kcal (12.04%), Fat: 8.46g (13.02%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 23.58g (8.57%), Sugar: 7.15g (7.94%), Cholesterol: 21.36mg (7.12%), Sodium: 1012.19mg (44.01%), Alcohol: 2.06g (100%), Alcohol %: 0.67% (100%), Protein: 9.73g (19.45%), Manganese: 0.99mg (49.59%), Vitamin C: 20.78mg (25.18%), Selenium: 15.26µg (21.8%), Fiber: 5.16g (20.64%), Phosphorus: 194.24mg (19.42%), Vitamin K: 18.62µg (17.73%), Calcium: 163.97mg (16.4%), Copper: 0.31mg (15.31%), Magnesium: 59.71mg (14.93%), Vitamin B6: 0.29mg (14.5%), Potassium: 480.08mg (13.72%), Vitamin E: 1.69mg (11.25%), Iron: 2.01mg (11.17%), Vitamin A: 512.51IU (10.25%), Zinc: 1.43mg (9.53%), Vitamin B2: 0.16mg (9.49%), Folate: 35.28µg (8.82%), Vitamin B1: 0.13mg (8.73%), Vitamin B3: 1.68mg (8.38%), Vitamin B5: 0.56mg (5.6%), Vitamin B12: 0.16µg (2.66%)