



Linguine Avgolemeono with Artichoke Hearts and Green Beans

READY IN



30 min.

SERVINGS



4

CALORIES



591 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 large egg yolk
- ☐ 12 ounces artichoke hearts frozen
- ☐ 8 ounces green beans trimmed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 12 ounces pasta
- ☐ 0.8 cup parmesan cheese freshly grated for serving
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 0.5 cup whipping cream

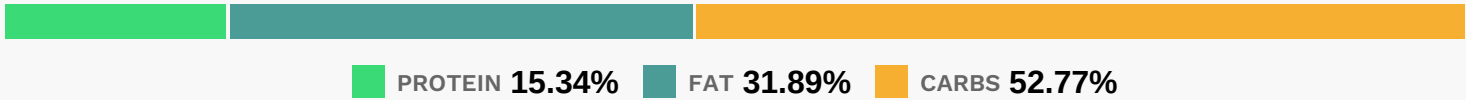
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ sieve

Directions

- ☐ Place yolks in medium bowl. Gradually whisk in lemon juice, then cream.
- ☐ Cook artichoke hearts and green beans in large pot of boiling salted water until crisp-tender, about 5 minutes. Using sieve, transfer vegetables from pot to large skillet. Return water to boil.
- ☐ Add pasta; boil until tender but still firm to bite.
- ☐ Drain pasta, reserving 1 1/2 cups cooking liquid.
- ☐ Add pasta to skillet with vegetables.
- ☐ Whisk 3/4 cup cooking liquid into yolk mixture.
- ☐ Add yolk mixture, 3/4 cup cheese, and parsley to skillet. Toss over medium heat just until sauce thickens and coats pasta, about 4 minutes, adding more cooking liquid by tablespoonfuls if dry. Season with salt and pepper.
- ☐ Serve, passing additional cheese alongside.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:26.68, Inflammation Score:-9, Nutrition Score:27.887391131857%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.11mg,

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 591.27kcal (29.56%), Fat: 21.21g (32.63%), Saturated Fat: 11.33g (70.78%), Carbohydrates: 78.97g (26.32%), Net Carbohydrates: 71.24g (25.9%), Sugar: 5.49g (6.1%), Cholesterol: 187.63mg (62.54%), Sodium: 393.01mg (17.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.9%), Selenium: 68.88µg (98.39%), Vitamin K: 87.33µg (83.17%), Manganese: 1.14mg (57.01%), Folate: 170.86µg (42.72%), Phosphorus: 420.87mg (42.09%), Vitamin A: 1622.38IU (32.45%), Fiber: 7.74g (30.96%), Vitamin C: 22.49mg (27.26%), Calcium: 262.92mg (26.29%), Vitamin B2: 0.42mg (24.88%), Magnesium: 94.29mg (23.57%), Zinc: 2.83mg (18.88%), Potassium: 633.36mg (18.1%), Copper: 0.36mg (17.97%), Vitamin B6: 0.35mg (17.55%), Iron: 2.82mg (15.68%), Vitamin B1: 0.21mg (14.18%), Vitamin B3: 2.69mg (13.47%), Vitamin B5: 1.21mg (12.07%), Vitamin B12: 0.55µg (9.16%), Vitamin D: 1.26µg (8.39%), Vitamin E: 1.08mg (7.17%)