



## Linguine with Artichokes and Leeks

READY IN



45 min.

SERVINGS



4

CALORIES



663 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 teaspoon pepper black freshly ground
- 3 teaspoons kosher salt
- 2 medium leeks light white green cleaned
- 1 tablespoon juice of lemon
- 1 pound pasta
- 6 marinated artichoke hearts with stems (from a specialty food shop), 12-ounce jars marinated artichoke hearts in oil, drained
- 3 tablespoons olive oil
- 0.5 cup parmesan freshly grated

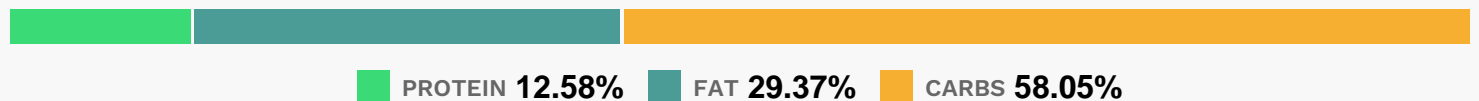
## Equipment

- bowl
- frying pan

## Directions

- Halve the leeks lengthwise and cut into 1-inch pieces. Halve the artichokes lengthwise.
- Heat the olive oil in a large skillet over medium-low heat, add the leeks, and cook until soft but not browned, stirring frequently, about 5 minutes.
- Remove the leeks from skillet and set aside. Increase heat to medium and add the artichokes. Cook about 3 minutes per side. Return the leeks to skillet and toss to mix. Stir in the lemon juice, salt, and pepper. Cook the linguine according to the package directions, reserving cup of the pasta water.
- Transfer to a large bowl.
- Add the vegetables to the linguine and toss with half the Parmesan.
- Add some of the pasta water to moisten, if necessary.
- Sprinkle with the remaining cheese.

## Nutrition Facts



## Properties

Glycemic Index:33.25, Glycemic Load:35.98, Inflammation Score:-8, Nutrition Score:20.926086981659%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 662.7kcal (33.14%), Fat: 21.4g (32.93%), Saturated Fat: 4.49g (28.04%), Carbohydrates: 95.2g (31.73%), Net Carbohydrates: 89.34g (32.49%), Sugar: 5.61g (6.23%), Cholesterol: 8.5mg (2.83%), Sodium: 2205.51mg (95.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.63g (41.27%), Selenium: 74.96µg (107.08%), Manganese: 1.33mg (66.26%), Phosphorus: 317.74mg (31.77%), Vitamin A: 1487.4IU (29.75%), Vitamin K: 28.38µg (27.03%), Vitamin C: 20.34mg (24.65%), Fiber: 5.86g (23.43%), Calcium: 214.59mg (21.46%), Magnesium: 79.19mg (19.8%), Copper: 0.39mg (19.69%), Iron: 3.1mg (17.23%), Vitamin B6: 0.28mg (13.96%), Vitamin E: 2.08mg (13.9%), Zinc: 2.01mg (13.39%), Folate: 50.6µg (12.65%), Vitamin B3: 2.15mg (10.74%), Potassium: 355.45mg (10.16%), Vitamin B1: 0.14mg (9%), Vitamin B2: 0.12mg (7.31%), Vitamin B5: 0.62mg (6.2%), Vitamin B12: 0.15µg (2.5%)