



Linguine with Artichokes and Lemon

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



501 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup wine dry white
- ☐ 0.5 teaspoon rosemary leaves fresh chopped
- ☐ 8 oz artichoke hearts frozen thawed quartered
- ☐ 1 cup spring onion thinly sliced
- ☐ 1 teaspoon lemon zest grated
- ☐ 3 servings lemon wedges
- ☐ 9 ounces pasta fresh
- ☐ 1 tablespoon olive oil

- ☐ 3 tablespoons parsley chopped
- ☐ 3 servings salt and pepper
- ☐ 0.8 cup fat-skimmed beef broth
- ☐ 0.3 cup whipping cream

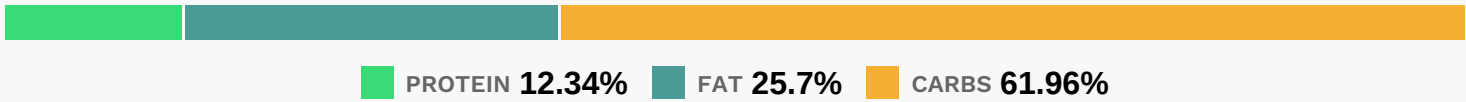
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 3 quarts water to a boil.
- ☐ Add linguine and stir occasionally until barely tender to bite, 2 to 3 minutes.
- ☐ Meanwhile, in a 10- to 12-inch frying pan over medium-high heat, stir onions and rosemary in oil until onions are limp, 1 to 2 minutes.
- ☐ Add artichoke hearts, broth, wine, cream, and lemon peel; stir until boiling, 1 to 2 minutes.
- ☐ Drain pasta and return to pan.
- ☐ Add artichoke sauce, parsley, and salt and pepper to taste. Lift with two spoons to mix. (If pasta has cooled, stir over medium heat until hot.)
- ☐ Pour into a wide serving bowl or distribute among plates.
- ☐ Serve with lemon wedges to squeeze over pasta.
- ☐ Variation: Substitute sliced red and yellow bell peppers for the artichoke hearts, or mushrooms for the artichokes and sherry for the white wine.

Nutrition Facts



Properties

Glycemic Index:48.83, Glycemic Load:26.25, Inflammation Score:-8, Nutrition Score:22.537391330885%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 500.75kcal (25.04%), Fat: 13.63g (20.97%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 73.96g (24.65%), Net Carbohydrates: 67.19g (24.43%), Sugar: 4.18g (4.65%), Cholesterol: 22.41mg (7.47%), Sodium: 481.62mg (20.94%), Alcohol: 4.12g (100%), Alcohol %: 1.62% (100%), Protein: 14.73g (29.45%), Vitamin K: 138.29µg (131.7%), Selenium: 56µg (80%), Manganese: 1.08mg (53.88%), Folate: 139.95µg (34.99%), Fiber: 6.77g (27.08%), Phosphorus: 244.44mg (24.44%), Vitamin A: 1078.31IU (21.57%), Vitamin C: 17.11mg (20.73%), Magnesium: 80.31mg (20.08%), Copper: 0.34mg (16.8%), Potassium: 558.21mg (15.95%), Vitamin B2: 0.24mg (14.32%), Iron: 2.47mg (13.74%), Vitamin B3: 2.7mg (13.5%), Vitamin B6: 0.24mg (12.18%), Zinc: 1.72mg (11.49%), Vitamin B1: 0.15mg (10.19%), Calcium: 82.08mg (8.21%), Vitamin E: 1.16mg (7.76%), Vitamin B5: 0.69mg (6.91%), Vitamin B12: 0.15µg (2.42%), Vitamin D: 0.32µg (2.12%)