



Linguine with Caramelized Artichokes and Prosciutto

READY IN



45 min.

SERVINGS



4

CALORIES



725 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pounds baby artichokes rinsed trimmed quartered
- 4 ounces bread artisan-style cut into 1-inch cubes (crusts removed)
- 1.5 tablespoons butter
- 0.5 cup cooking wine dry white
- 1 cup fat-skimmed chicken broth
- 1 garlic clove peeled
- 3 cups leeks thinly sliced (see notes)
- 2 tablespoons juice of lemon

- 2 tablespoons olive oil
- 0.3 cup parsley chopped
- 12 ounces linguine pasta dried
- 2 ounces pancetta thinly sliced cut into 1/2-inch-wide strips
- 0.3 teaspoon salt and pepper

Equipment

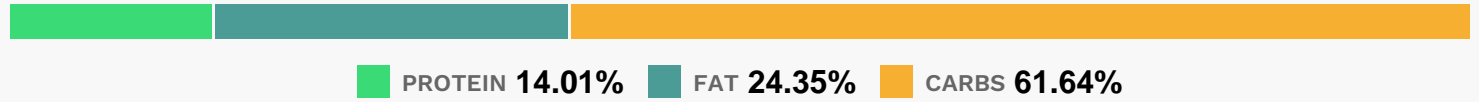
- frying pan
- knife
- blender

Directions

- In a blender, whirl garlic clove until minced.
- Add half the bread cubes and pulse until coarse crumbs form.
- Pour onto a plate; repeat with remaining bread cubes.
- Pour 1/2 tablespoon oil into a 10- to 12-inch frying pan over medium-high heat. When hot, add crumbs; stir often, lowering heat if crumbs threaten to scorch, until crisp and golden, 10 to 15 minutes. Set aside.
- Put butter and remaining 1 1/2 tablespoons oil in a 10- to 12-inch frying pan (with sides at least 2 inches tall) over medium-low heat. When butter is melted, add leeks, salt, and pepper, and stir occasionally until leeks are very limp and starting to brown, 10 to 15 minutes.
- Add artichokes, 3/4 cup chicken broth, and the lemon juice; increase heat to medium and bring to a simmer. Cover; cook until artichokes are tender when pierced, about 10 minutes. Uncover and cook until liquid is evaporated and mixture begins to brown, 5 to 10 minutes longer.
- Stir in wine, scraping bottom of the pan to release browned bits. Cook until liquid is almost evaporated, about 1 minute. Stir in 1/4 cup broth; if mixture appears too dry, add a little more broth.
- Meanwhile, in a 5- to 6-quart pan over high heat, bring about 2 quarts water to a boil.
- Add linguine and cook, stirring until tender to bite, 9 to 12 minutes.
- Drain and stir into artichoke mixture along with prosciutto, parsley, and bread crumbs.

- Cut off the stem at the base of the artichoke, using a sharp knife.
- Peel back and snap off the leaves all around the base of the artichoke until you reach the tender layer of leaves that are yellow at the bottom and green at the top.
- Cut off the top third of the remaining leaves (the green part). With a sharp paring knife, trim off all of the remaining green, fibrous material from around the base of the artichoke.

Nutrition Facts



Properties

Glycemic Index:64.92, Glycemic Load:35.64, Inflammation Score:-10, Nutrition Score:30.560434823451%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 724.7kcal (36.23%), Fat: 19.8g (30.46%), Saturated Fat: 6.02g (37.61%), Carbohydrates: 112.76g (37.59%), Net Carbohydrates: 95.3g (34.65%), Sugar: 11.19g (12.43%), Cholesterol: 20.64mg (6.88%), Sodium: 945.03mg (41.09%), Alcohol: 3.09g (100%), Alcohol %: 0.74% (100%), Protein: 25.64g (51.27%), Selenium: 66.88µg (95.54%), Vitamin K: 99.06µg (94.34%), Manganese: 1.5mg (75.08%), Vitamin A: 3591.44IU (71.83%), Fiber: 17.47g (69.86%), Iron: 7.67mg (42.6%), Phosphorus: 257.91mg (25.79%), Vitamin C: 20.73mg (25.12%), Folate: 90.37µg (22.59%), Vitamin B3: 4.28mg (21.4%), Magnesium: 83.28mg (20.82%), Copper: 0.39mg (19.75%), Vitamin B6: 0.38mg (19.23%), Vitamin B1: 0.28mg (18.97%), Calcium: 186.14mg (18.61%), Vitamin E: 1.99mg (13.28%), Potassium: 449.04mg (12.83%), Zinc: 1.85mg (12.31%), Vitamin B2: 0.18mg (10.46%), Vitamin B5: 0.89mg (8.88%), Vitamin B12: 0.19µg (3.22%)