



 **40%**  
HEALTH SCORE

## Pantry Pasta

READY IN



30 min.

SERVINGS



2

CALORIES



624 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 jar artichoke hearts whole halved
- 14.5 ounce frangelico diced with juice canned
- 0.3 cup chicken stock see
- 8 ounces noodles cooked drained
- 0.5 cup feta cheese
- 2 cloves garlic minced
- 2 tablespoons olive oil
- 0.3 cup olives assorted pitted roughly chopped
- 2 tablespoons basil pesto jarred

- 3 tablespoons pinenuts
- 0.5 onion diced whole red
- 2 servings pepper black freshly ground

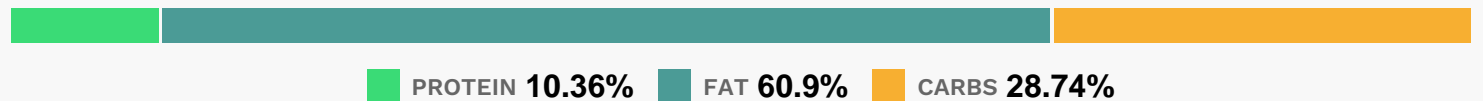
## Equipment

- frying pan

## Directions

- Watch how to make this recipe.
- Add the onions into a skillet with the olive oil over medium heat.
- Saute for a few minutes, and then add in the diced tomatoes, chicken stock, olives, artichoke hearts and garlic. Season with a pinch of salt and pepper. Stir and simmer over low heat for 15 minutes, stirring occasionally.
- Add the cooked pasta to the skillet and stir to combine with the sauce.
- Mix in the pesto. Toss in the feta and top with the pine nuts.

## Nutrition Facts



## Properties

Glycemic Index:82.25, Glycemic Load:17.23, Inflammation Score:-8, Nutrition Score:19.399565333905%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

## Nutrients (% of daily need)

Calories: 624.17kcal (31.21%), Fat: 42.9g (65.99%), Saturated Fat: 9.41g (58.84%), Carbohydrates: 45.54g (15.18%), Net Carbohydrates: 41.39g (15.05%), Sugar: 3.61g (4.01%), Cholesterol: 35.78mg (11.93%), Sodium: 981.14mg (42.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.85%), Manganese: 1.79mg (89.72%), Selenium: 37.32µg (53.31%), Phosphorus: 302.82mg (30.28%), Vitamin E: 4.43mg (29.53%), Vitamin B2: 0.42mg

(24.69%), Calcium: 244.6mg (24.46%), Copper: 0.39mg (19.65%), Zinc: 2.77mg (18.49%), Magnesium: 72.93mg (18.23%), Vitamin K: 17.91µg (17.05%), Iron: 3mg (16.68%), Fiber: 4.14g (16.57%), Vitamin B6: 0.33mg (16.53%), Vitamin B1: 0.17mg (11.5%), Vitamin B3: 2.22mg (11.12%), Vitamin A: 555.99IU (11.12%), Vitamin B12: 0.63µg (10.56%), Folate: 33.04µg (8.26%), Potassium: 267.79mg (7.65%), Vitamin B5: 0.59mg (5.95%), Vitamin C: 3.17mg (3.84%)