



Pappardelle with Lemon, Baby Artichokes, and Asparagus

READY IN



45 min.

SERVINGS



6

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus trimmed (1-inch)
- ☐ 2 pounds baby artichokes
- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons olive oil extravirgin divided
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.3 cup juice of lemon fresh (2 lemons)
- ☐ 1 tablespoon lemon rind grated

- ☐ 12 ounces pappardelle uncooked (wide ribbon pasta)
- ☐ 5 ounces parmigiano-reggiano cheese fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 2.3 cups water cold divided

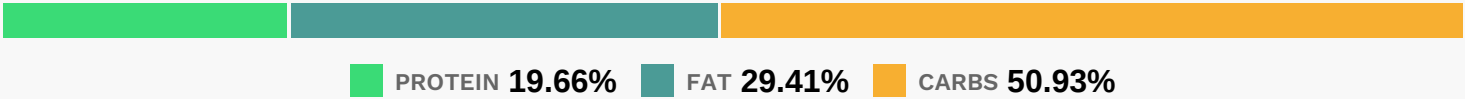
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta, reserving 1/2 cup cooking liquid. Set pasta aside; keep warm.
- ☐ Combine 2 cups water and juice in a medium bowl. Working with 1 artichoke at a time, cut off stem to within 1/4-inch from the base; peel stem.
- ☐ Remove bottom leaves and tough outer leaves, leaving tender heart and bottom; trim about 1 inch from top of artichoke.
- ☐ Cut each artichoke in half lengthwise.
- ☐ Place artichoke halves in lemon water.
- ☐ Heat 1 tablespoon oil in a large skillet over medium heat.
- ☐ Drain artichokes well; pat dry.
- ☐ Add artichokes to pan. Cover and cook 8 minutes, stirring occasionally; uncover. Increase heat to medium-high; cook 2 minutes or until artichokes are golden, stirring frequently.
- ☐ Place artichokes in a large bowl.
- ☐ Place pan over medium heat; add remaining 1/4 cup water and asparagus to pan. Cover and cook 5 minutes or until crisp-tender.
- ☐ Add asparagus, parsley, and rind to artichokes; toss well.
- ☐ Add pasta, reserved cooking liquid, the remaining 2 tablespoons oil, thyme, salt, and pepper to artichoke mixture; toss well.
- ☐ Place 2 cups pasta mixture into each of 6 shallow bowls; top each serving with about 3 tablespoons cheese.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:17.64, Inflammation Score:-9, Nutrition Score:22.987391404484%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg

Nutrients (% of daily need)

Calories: 458.71kcal (22.94%), Fat: 15.76g (24.25%), Saturated Fat: 5.55g (34.7%), Carbohydrates: 61.42g (20.47%), Net Carbohydrates: 49.52g (18.01%), Sugar: 5.71g (6.34%), Cholesterol: 63.69mg (21.23%), Sodium: 780.22mg (33.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.41%), Selenium: 51.76µg (73.94%), Vitamin K: 58.49µg (55.7%), Fiber: 11.89g (47.57%), Vitamin A: 2271.56IU (45.43%), Calcium: 379.35mg (37.94%), Phosphorus: 342.23mg (34.22%), Manganese: 0.64mg (31.99%), Iron: 5.52mg (30.68%), Vitamin C: 14.79mg (17.93%), Copper: 0.34mg (17.09%), Folate: 61.78µg (15.44%), Zinc: 2.19mg (14.57%), Vitamin B1: 0.22mg (14.55%), Vitamin E: 2.15mg (14.36%), Magnesium: 57mg (14.25%), Vitamin B2: 0.24mg (14.21%), Vitamin B6: 0.22mg (11.1%), Vitamin B3: 2.03mg (10.16%), Potassium: 336.6mg (9.62%), Vitamin B5: 0.86mg (8.57%), Vitamin B12: 0.45µg (7.47%), Vitamin D: 0.29µg (1.92%)