



Pasta with Artichoke Hearts, Sun Dried Tomatoes, and Toasted Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



539 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound fusilli pasta gluten-free for version (use pasta)
- ☐ 6 servings salt
- ☐ 14 ounce marinated artichoke hearts drained cut into eighths, 1 1/2 cups
- ☐ 0.5 cup sun-dried tomatoes packed in oil, removed from oil (reserve oil), chopped
- ☐ 1 cup almonds toasted chopped
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon juice of lemon

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup parsley leaves fresh loosely packed chopped to taste
- ☐ 2 tablespoons olive oil extra virgin

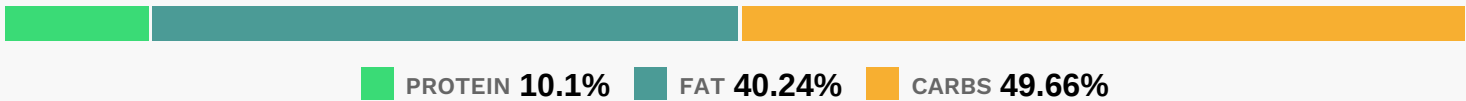
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook the pasta, al dente: Bring a large pot of well salted water to a vigorous boil.
- ☐ Add the pasta to the boiling water and let cook, uncovered, at a full boil, for the amount of time specified on the pasta package, minus about 2 minutes. Test, the pasta should be cooked through, but still firm to the bite, al dente.
- ☐ While the pasta is cooking, prep the other ingredients.
- ☐ Place the cut marinated artichoke hearts, the chopped sun-dried tomatoes, the toasted almonds, and lemon zest in a large bowl.
- ☐ Drain pasta, add to artichoke hearts: When the pasta is done, drain it, and add the pasta into the bowl with the artichoke hearts and sun-dried tomatoes. Toss gently to mix.
- ☐ Sprinkle lemon juice, parsley, and black pepper over the pasta, toss to mix.
- ☐ Add 1 to 2 tablespoons of the sun-dried tomato oil to the pasta, and 1-2 tablespoons of olive oil. Toss to mix. Taste and adjust seasonings.
- ☐ At this point you can make ahead and reheat to serve.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:17.600869790367%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 539.19kcal (26.96%), Fat: 24.9g (38.3%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 69.15g (23.05%), Net Carbohydrates: 62.11g (22.59%), Sugar: 5.26g (5.85%), Cholesterol: 0mg (0%), Sodium: 499.74mg (21.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.11%), Vitamin K: 88.89µg (84.65%), Vitamin E: 6.82mg (45.45%), Manganese: 0.73mg (36.66%), Vitamin C: 25.53mg (30.95%), Fiber: 7.03g (28.14%), Vitamin A: 1163.82IU (23.28%), Magnesium: 84.98mg (21.25%), Iron: 3.5mg (19.43%), Copper: 0.39mg (19.25%), Vitamin B2: 0.32mg (18.95%), Phosphorus: 150.54mg (15.05%), Potassium: 521.12mg (14.89%), Calcium: 95.46mg (9.55%), Vitamin B3: 1.76mg (8.81%), Vitamin B1: 0.1mg (6.83%), Zinc: 0.98mg (6.55%), Folate: 24.88µg (6.22%), Vitamin B6: 0.07mg (3.48%), Vitamin B5: 0.33mg (3.29%), Selenium: 1.5µg (2.14%)