



Pasta with Leeks and Artichokes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce artichoke hearts rinsed drained quartered canned
- ☐ 4 cups gemelli hot cooked uncooked (8 ounces short twisted spaghetti)
- ☐ 0.5 cup parsley fresh chopped
- ☐ 4 cups leek thinly sliced (4 large)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons olive oil divided
- ☐ 1 Dash pepper black

☐ 0.5 teaspoon salt

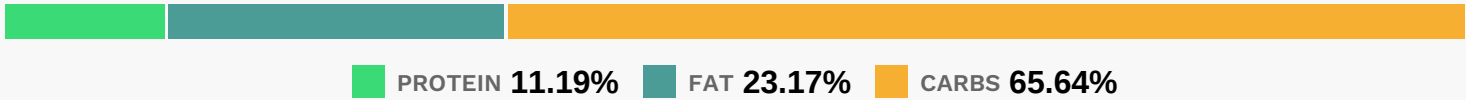
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add sliced leek, and saut 10 minutes or until tender.
- ☐ Add artichoke hearts, and cook 1 minute.
- ☐ Combine 1 tablespoon oil, lemon rind, lemon juice, salt, and pepper in a small bowl, and stir with a whisk.
- ☐ Combine pasta, leek mixture, lemon juice mixture, and parsley in a large bowl; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:20.17, Inflammation Score:-9, Nutrition Score:18.286521932353%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 329.37kcal (16.47%), Fat: 8.44g (12.98%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 53.81g (17.94%), Net Carbohydrates: 48.23g (17.54%), Sugar: 5.17g (5.74%), Cholesterol: 0mg (0%), Sodium: 680.47mg (29.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.35%), Vitamin K: 169.08µg (161.03%), Selenium: 31.93µg

(45.61%), Vitamin A: 2116.27IU (42.33%), Manganese: 0.82mg (41.16%), Vitamin C: 24.2mg (29.34%), Fiber: 5.57g (22.3%), Iron: 3.89mg (21.62%), Folate: 78.15µg (19.54%), Vitamin B6: 0.28mg (13.8%), Vitamin E: 1.97mg (13.11%), Magnesium: 50.4mg (12.6%), Copper: 0.24mg (11.88%), Phosphorus: 104.35mg (10.43%), Potassium: 262.44mg (7.5%), Calcium: 72.57mg (7.26%), Vitamin B1: 0.09mg (5.7%), Zinc: 0.79mg (5.28%), Vitamin B3: 0.93mg (4.67%), Vitamin B2: 0.06mg (3.48%), Vitamin B5: 0.3mg (2.98%)