

## Pineapple and Artichoke Pasta

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



632 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 32 ounce artichokes cut into wedges canned
- 2 tablespoons balsamic vinegar
- 3 tablespoons cilantro leaves chopped
- 2 pounds farfalle pasta (or your choice of pasta)
- 6 sprigs cilantro leaves fresh
- 4 cloves garlic chopped
- 0.1 cup olive oil extra virgin extra-virgin
- 0.3 cup olive oil

- 1 tablespoon parsley chopped
- 1 pineapple fresh skinless cored cut into chunks
- 1 large onion diced red peeled
- 8 servings pepper black freshly ground

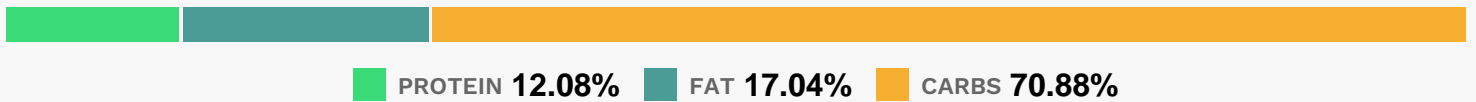
## Equipment

- bowl
- frying pan
- pot

## Directions

- In a large pot, cook pasta to al dente, drain and set aside.
- In a large saute pan over medium-high heat, add the olive oil. Once heated, add the onion, garlic, cilantro, and parsley and saute until the onions becomes translucent. Stir in pineapple and cook until it begins to soften.
- Stir artichokes into saute pan, season with salt and pepper, to taste, and add vinegar.
- Remove saute pan from the heat, add cooked pasta to saute pan.
- Pour the extra-virgin olive oil and toss to coat.
- Transfer pasta to a large serving bowl and garnish with cilantro.
- Serve family style.

## Nutrition Facts



## Properties

Glycemic Index:45.96, Glycemic Load:44.44, Inflammation Score:-8, Nutrition Score:29.289130625517%

## Flavonoids

Naringenin: 14.17mg, Naringenin: 14.17mg, Naringenin: 14.17mg, Naringenin: 14.17mg Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg,

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

## Nutrients (% of daily need)

Calories: 632.18kcal (31.61%), Fat: 12.18g (18.74%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 114.04g (38.01%), Net Carbohydrates: 102.34g (37.22%), Sugar: 16.51g (18.34%), Cholesterol: 0mg (0%), Sodium: 117.59mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.44g (38.87%), Manganese: 2.45mg (122.41%), Selenium: 72.31µg (103.3%), Vitamin C: 69.98mg (84.83%), Fiber: 11.69g (46.78%), Copper: 0.73mg (36.56%), Magnesium: 144.84mg (36.21%), Vitamin K: 37.86µg (36.06%), Phosphorus: 333.79mg (33.38%), Folate: 122.45µg (30.61%), Potassium: 839.99mg (24%), Vitamin B6: 0.46mg (22.89%), Iron: 3.47mg (19.26%), Vitamin B1: 0.28mg (18.94%), Vitamin B3: 3.73mg (18.67%), Zinc: 2.35mg (15.67%), Vitamin E: 1.88mg (12.5%), Vitamin B5: 1.15mg (11.53%), Vitamin B2: 0.19mg (11.06%), Calcium: 97.82mg (9.78%), Vitamin A: 246.02IU (4.92%)