



Plum Tomatoes and Artichokes with Penne



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce penne rigate cooked
- ☐ 1 teaspoon basil dried
- ☐ 2 tablespoons flat parsley chopped
- ☐ 1 tablespoon garlic finely minced
- ☐ 12 ounces marinated artichoke
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 56 ounce plum tomatoes crushed canned

- ☐ 0.1 teaspoon pepper
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 2 tablespoons tomato paste

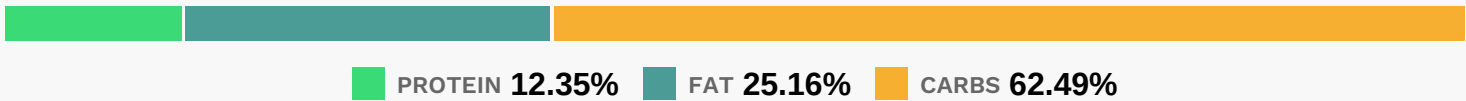
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Drain the artichokes, reserving the oil, and halve them lengthwise.
- ☐ Place 3 tablespoons of the artichoke oil marinade in a heavy pot.
- ☐ Add the onions and stir over low heat for 10 minutes, adding the garlic during the last 2 minutes. Stir in the tomatoes, tomato paste, basil, oregano, and red-pepper flakes. Season with salt and freshly ground black pepper. Simmer, uncovered, for 45 minutes.
- ☐ Add the reserved artichoke hearts with the remaining oil marinade and stir while simmering for 20 minutes. Stir in the parsley and adjust the seasonings.
- ☐ Serve in shallow bowls over cooked penne.
- ☐ Per serving: 350 calories, 66g carbohydrates, 10g protein, 5g fat, 5mg cholesterol
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:42.92, Glycemic Load:11.75, Inflammation Score:-10, Nutrition Score:17.274347792501%

Flavonoids

Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

Nutrients (% of daily need)

Calories: 218.29kcal (10.91%), Fat: 6.25g (9.62%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 28.68g (10.43%), Sugar: 9.66g (10.74%), Cholesterol: 0mg (0%), Sodium: 274.3mg (11.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.8%), Vitamin C: 53.49mg (64.84%), Vitamin A: 2982.35IU (59.65%), Vitamin K: 47.61µg (45.34%), Manganese: 0.6mg (29.86%), Fiber: 6.25g (24.99%), Selenium: 15.6µg (22.29%), Potassium: 766.41mg (21.9%), Vitamin B6: 0.31mg (15.29%), Iron: 2.4mg (13.31%), Folate: 52.37µg (13.09%), Copper: 0.25mg (12.75%), Vitamin E: 1.77mg (11.83%), Magnesium: 47.09mg (11.77%), Phosphorus: 112.35mg (11.23%), Vitamin B3: 2.04mg (10.21%), Vitamin B1: 0.13mg (8.61%), Calcium: 61.05mg (6.11%), Zinc: 0.87mg (5.78%), Vitamin B2: 0.08mg (4.89%), Vitamin B5: 0.36mg (3.57%)