



HEALTH SCORE

74%

Raid-the-storecupboard side



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**25 min.**

SERVINGS

**4**

CALORIES

**156 kcal**

SIDE DISH

Ingredients

- ☐ 280 g artichokes in oil
- ☐ 2 onion finely sliced
- ☐ 3 garlic clove finely sliced
- ☐ 150 ml passata
- ☐ 1 tablespoon wine
- ☐ 140 g pea-mond dressing frozen
- ☐ 140 g avarakkai / broad beans frozen
- ☐ 1 handful parsley chopped

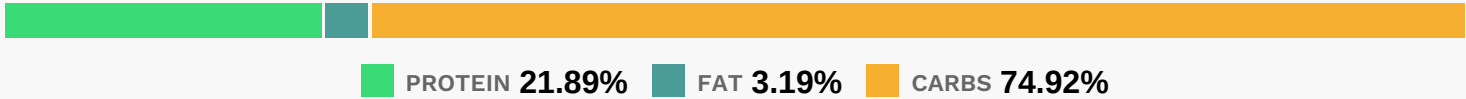
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large frying pan with 3 tbsp of the artichoke oil. Fry the onions and garlic until soft and golden, about 15 mins.
- ☐ Pour in the passata and wine (if using). Cook for around 5 mins until thickened.
- ☐ Drain the artichokes and tip in with the peas and broad beans. Gently cook for 5 mins. Pop into a serving bowl, scatter with parsley and drizzle with a little extra artichoke oil, if you like.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:7.45, Inflammation Score:-8, Nutrition Score:15.627826089444%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 8.76mg, Naringenin: 8.76mg, Naringenin: 8.76mg, Naringenin: 8.76mg Apigenin: 7.4mg, Apigenin: 7.4mg, Apigenin: 7.4mg, Apigenin: 7.4mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg

Nutrients (% of daily need)

Calories: 155.85kcal (7.79%), Fat: 0.59g (0.9%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 21.39g (7.78%), Sugar: 6.8g (7.55%), Cholesterol: 0mg (0%), Sodium: 83.38mg (3.63%), Alcohol: 0.39g (100%), Alcohol %: 0.2% (100%), Protein: 9.09g (18.18%), Folate: 173.23µg (43.31%), Fiber: 9.71g (38.85%), Manganese: 0.67mg (33.72%), Vitamin K: 29.99µg (28.56%), Copper: 0.49mg (24.48%), Magnesium: 91.65mg (22.91%), Vitamin C: 18.74mg (22.71%), Potassium: 721.58mg (20.62%), Phosphorus: 197.85mg (19.78%), Iron: 3.23mg (17.95%), Vitamin B6: 0.29mg (14.4%), Vitamin B1: 0.2mg (13.05%), Zinc: 1.43mg (9.5%), Vitamin B3: 1.83mg (9.16%), Vitamin B2: 0.15mg (8.66%), Calcium: 77.37mg (7.74%), Vitamin B5: 0.7mg (6.97%), Vitamin E: 1.04mg (6.93%),

Vitamin A: 307.23IU (6.14%), Selenium: 2.8µg (4%)