

food
network



HEALTH SCORE

96%

Spaghetti with Artichokes and Pepato Spaghetti con Carciofi e Pepato



Very Healthy

READY IN

**30 min.**

SERVINGS

**4**

CALORIES

**804 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 jumbo artichokes
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 2 bunches parsley italian finely chopped
- ☐ 0.5 cup pecorino pepato peppered sheep's milk cheese
- ☐ 1 pound pasta like spaghetti
- ☐ 6 ounces vermouth sweet
- ☐ 12 cloves garlic whole peeled

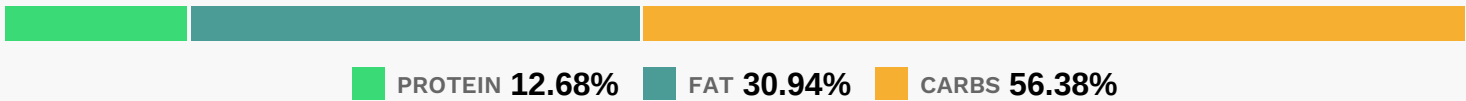
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Trim the artichokes down to the heart, stem and most delicate leaves. Quarter and remove the choke and place in acidulated water. In a 12 to 14-inch saute pan, heat the oil and garlic over medium heat and cook until the garlic is light golden brown.
- ☐ Add the artichokes and sweet vermouth and cook until the artichokes are tender, about 10 to 12 minutes. Cook the spaghetti according to the package directions, until tender yet al dente.
- ☐ Drain and toss in the pan with the artichokes.
- ☐ Add the parsley and toss well.
- ☐ Pour into heated pasta bowls, shave pecorino over and serve.;

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:38.49, Inflammation Score:-10, Nutrition Score:40.074348221654%

Flavonoids

Naringenin: 24mg, Naringenin: 24mg, Naringenin: 24mg, Naringenin: 24mg Apigenin: 75.79mg, Apigenin: 75.79mg, Apigenin: 75.79mg, Apigenin: 75.79mg Luteolin: 4.75mg, Luteolin: 4.75mg, Luteolin: 4.75mg, Luteolin: 4.75mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 4.37mg, Myricetin: 4.37mg, Myricetin: 4.37mg, Myricetin: 4.37mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 803.96kcal (40.2%), Fat: 27.3g (42%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 111.95g (37.32%), Net Carbohydrates: 96.83g (35.21%), Sugar: 5.26g (5.85%), Cholesterol: 16.69mg (5.56%), Sodium: 418.94mg (18.21%), Alcohol: 4.04g (100%), Alcohol %: 1.2% (100%), Protein: 25.18g (50.35%), Vitamin K: 509.06µg (484.82%), Selenium: 76.17µg (108.82%), Manganese: 1.73mg (86.64%), Vitamin C: 63.18mg (76.58%), Fiber: 15.13g (60.5%), Folate: 200.56µg (50.14%), Vitamin A: 2505.74IU (50.11%), Magnesium: 195.36mg (48.84%), Phosphorus: 480.61mg (48.06%), Copper: 0.85mg (42.33%), Iron: 6.09mg (33.84%), Potassium: 1169.09mg (33.4%), Vitamin B6: 0.6mg

(30.02%), Calcium: 256.56mg (25.66%), Vitamin E: 3.77mg (25.12%), Zinc: 3.49mg (23.26%), Vitamin B2: 0.39mg (22.99%), Vitamin B3: 4.56mg (22.79%), Vitamin B1: 0.31mg (20.78%), Vitamin B5: 1.49mg (14.87%), Vitamin B12: 0.32µg (5.28%)