



Spaghetti with Mushrooms & Artichokes

READY IN



15 min.

SERVINGS



4

CALORIES



456 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

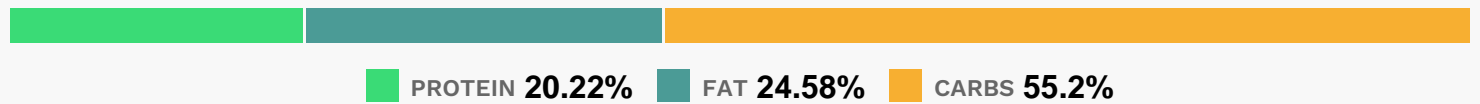
- 1 jar parioli grilled artichokes drained for dressing (reserve some of the oil)
- 1 handful basil fresh generous
- 250 g pack chestnut mushroom sliced
- 1 tbsp parioli extra virgin olive oil for dressing
- 1 cloves garlic crushed
- 4 servings parmesan to serve freshly grated
- 1 handful parsley fresh generous
- 4 servings grinding of pepper black good
- 300 g pasta like spaghetti

Equipment

Directions

- Saute the mushrooms in the olive oil with the garlic.
- Add the artichokes and warm through, then add the herbs and season with black pepper.
- Add a splash of the artichoke oil and a little more olive oil if you like to coat the pasta..
- Cook the spaghetti according to the packet or until al dente, then toss the vegetables through the pasta and serve.
- Top with parmesan.
- Enjoy!

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:23.36, Inflammation Score:-6, Nutrition Score:21.540434811426%

Flavonoids

Naringenin: 3.75mg, Naringenin: 3.75mg, Naringenin: 3.75mg, Naringenin: 3.75mg Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 456.48kcal (22.82%), Fat: 12.51g (19.24%), Saturated Fat: 5.64g (35.23%), Carbohydrates: 63.2g (21.07%), Net Carbohydrates: 58.72g (21.35%), Sugar: 3.63g (4.04%), Cholesterol: 20.4mg (6.8%), Sodium: 517.85mg (22.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Selenium: 70.57µg (100.82%), Phosphorus: 454.12mg (45.41%), Manganese: 0.89mg (44.6%), Calcium: 399.5mg (39.95%), Copper: 0.62mg (30.76%), Vitamin B2: 0.47mg (27.82%), Vitamin K: 25.78µg (24.56%), Vitamin B3: 4.07mg (20.35%), Magnesium: 77.75mg (19.44%), Zinc: 2.74mg (18.28%), Fiber: 4.48g (17.91%), Potassium: 597.24mg (17.06%), Vitamin B5: 1.51mg (15.09%), Folate: 53.52µg (13.38%), Vitamin B6: 0.25mg (12.43%), Iron: 1.97mg (10.97%), Vitamin B1: 0.16mg (10.85%), Vitamin B12: 0.42µg (7.04%), Vitamin A: 349.43IU (6.99%), Vitamin C: 5.16mg (6.26%), Vitamin E: 0.73mg (4.86%), Vitamin D: 0.21µg (1.42%)