



## Spinach and Artichoke Baked Whole Grain Pasta

READY IN



110 min.

SERVINGS



6

CALORIES



719 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10 ounce artichoke hearts frozen dry halved
- 6 servings pepper black freshly ground
- 4 tablespoons butter
- 0.5 cup cooking wine dry white
- 3 slightly rounded tablespoons flour
- 20 ounce pkt spinach frozen
- 4 cloves garlic grated finely chopped
- 1.5 cups gruyère cheese shredded

- 2 cups milk
- 6 servings nutmeg freshly grated
- 2 tablespoons olive oil extra-virgin
- 1 cup parmigiano-reggiano cheese shredded
- 1 pound grain penne pasta whole wheat whole (any short cut pasta)
- 6 servings salt
- 1 large shallots chopped

## Equipment

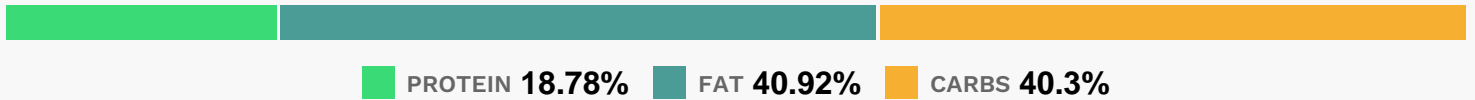
- frying pan
- baking sheet
- oven
- whisk
- pot
- baking pan
- microwave
- kitchen towels

## Directions

- Watch how to make this recipe.
- Position the oven rack in center of the oven. Preheat the oven to 375 degrees F.
- Defrost the spinach in the microwave.
- Drain, then dry the spinach out as much as possible by wringing it out in a clean kitchen towel.
- Bring a saucepot of water to a boil.
- Add salt.
- Add the pasta and cook according to package directions for al dente.
- Meanwhile, heat 2 tablespoons extra-virgin olive oil in a small skillet over medium to medium-high heat and add the shallots and garlic and cook 2 to 3 minutes.

- Add the artichokes and cook until they are lightly brown.
- Add the wine to deglaze the pan.
- While the artichokes and pasta cook, in a saucepot over medium to medium-high heat, add the butter. When melted, whisk in the flour for 1 minute or so, then whisk in the milk and season with salt, pepper and a little nutmeg. Cook 5 to 6 minutes, or until thick enough to coat the back of a spoon, adjust the seasonings and stir in the Gruyere cheese.
- Combine the sauce with the spinach, pasta, and artichoke and stir until just combined.
- Transfer the mixture to a baking dish and cover with the remaining cheese. Cool and store for a make-ahead meal.
- Bake on a baking sheet 45 minutes or until brown and bubbly on top.

## Nutrition Facts



### Properties

Glycemic Index:68.17, Glycemic Load:25.41, Inflammation Score:-10, Nutrition Score:38.903043207915%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

### Nutrients (% of daily need)

Calories: 719.38kcal (35.97%), Fat: 32.43g (49.9%), Saturated Fat: 16.74g (104.65%), Carbohydrates: 71.87g (23.96%), Net Carbohydrates: 64.23g (23.36%), Sugar: 7.91g (8.79%), Cholesterol: 77.46mg (25.82%), Sodium: 886.29mg (38.53%), Alcohol: 2.06g (100%), Alcohol %: 0.67% (100%), Protein: 33.49g (66.99%), Vitamin K: 356.8µg (339.81%), Vitamin A: 11964.59IU (239.29%), Selenium: 64.28µg (91.82%), Manganese: 1.63mg (81.46%), Calcium: 791mg (79.1%), Phosphorus: 630.41mg (63.04%), Folate: 219.04µg (54.76%), Magnesium: 160.18mg (40.04%), Vitamin B2: 0.6mg (35.05%), Fiber: 7.63g (30.53%), Zinc: 3.95mg (26.3%), Vitamin E: 3.89mg (25.91%), Potassium: 824.12mg (23.55%), Vitamin B6: 0.45mg (22.67%), Copper: 0.43mg (21.5%), Vitamin B12: 1.18µg (19.72%), Iron: 3.46mg (19.22%), Vitamin B1: 0.28mg (18.34%), Vitamin B3: 2.44mg (12.2%), Vitamin B5: 1.11mg (11.15%), Vitamin C: 8.72mg (10.57%), Vitamin D: 1.18µg (7.84%)