



Spinach Artichoke Pasta Salad

 Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce baby artichoke hearts in water drained chopped canned
- 0.5 pound baby spinach fresh
- 4 servings bell pepper black
- 4 servings coarse salt
- 1 tablespoon thyme leaves dried fresh chopped
- 1 clove garlic
- 2 juice of lemon
- 1 lemon zest

- 0.3 cup olive oil extra-virgin
- 0.5 small onion red chopped
- 2 tablespoons red wine vinegar
- 1 roasted pepper red drained chopped
- 1 package spinach filled tortellini available on dairy aisle in most markets fresh (recommended: Contadina or Buitoni brands)
- 1 handful sun-dried tomatoes packed in oil, coarsely chopped

Equipment

- bowl
- baking sheet
- knife
- whisk
- pot

Directions

- Bring 5 or 6 inches of water to a boil in a large pot. Salt boiling water and add pasta. Cook for 3 to 4 minutes, until pasta is just tender and the tortellini are floating like buoys.
- Drain tortellini, then cool the cooked pasta by spreading them out on a large plate or a cookie sheet in a single layer.
- Coarsely chop baby spinach.
- Combine with artichoke pieces, roasted red pepper and red onion. Chop garlic, then add salt to it and mash it into a paste with the flat of your knife.
- Transfer garlic paste to a small bowl and add lemon zest, lemon juice and vinegar to it.
- Whisk in oil, thyme and pepper.
- Add pasta and sun-dried tomatoes to the salad. Dress salad and gently toss.
- Serve or refrigerate.

Nutrition Facts



■ PROTEIN 14.65% ■ FAT 39.7% ■ CARBS 45.65%

Properties

Glycemic Index:49, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:20.567391348922%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 388.7kcal (19.43%), Fat: 18.05g (27.78%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 46.71g (15.57%), Net Carbohydrates: 37.07g (13.48%), Sugar: 5.06g (5.62%), Cholesterol: 29.96mg (9.99%), Sodium: 824.82mg (35.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15g (29.99%), Vitamin K: 282.32µg (268.88%), Vitamin A: 6582.4IU (131.65%), Vitamin C: 34.29mg (41.56%), Fiber: 9.64g (38.55%), Manganese: 0.61mg (30.34%), Folate: 118.28µg (29.57%), Iron: 4.9mg (27.24%), Calcium: 233.37mg (23.34%), Vitamin E: 3.13mg (20.84%), Magnesium: 52.26mg (13.06%), Potassium: 394.48mg (11.27%), Vitamin B6: 0.17mg (8.48%), Vitamin B2: 0.13mg (7.5%), Copper: 0.11mg (5.63%), Vitamin B1: 0.06mg (4.08%), Phosphorus: 39.65mg (3.97%), Vitamin B3: 0.56mg (2.79%), Zinc: 0.4mg (2.67%), Selenium: 0.81µg (1.16%)