

Tomato Alfredo Sauce with Artichokes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



59 kcal

SAUCE

Ingredients

- 14 ounce artichoke hearts canned
- 2 tablespoons flour all-purpose
- 0.5 cup basil fresh chopped
- 0.5 cup basil fresh chopped
- 1 cup mushrooms fresh sliced
- 1 cup mushrooms fresh sliced
- 1 onion chopped
- 2 tomatoes chopped

0.5 cup milk whole

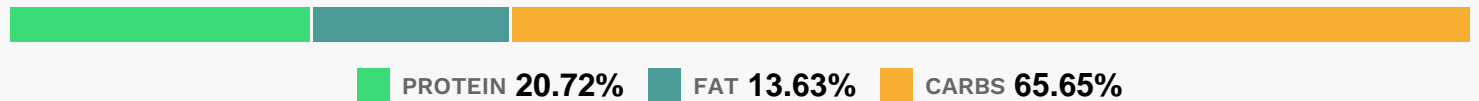
Equipment

frying pan

Directions

- Chop artichoke hearts and place in large skillet with juice. Thicken with flour and milk to desired consistency.
- Add onion, mushrooms, tomatoes, and basil. Cook for a short time, leaving vegetables firm and tasty and pretty.
- Cook up a batch of your favorite spaghetti noodles (e.g., angel hair or spaghettini). Rinse. Toss artichoke sauce on top of cooked pasta.

Nutrition Facts



Properties

Glycemic Index:63.67, Glycemic Load:2.8, Inflammation Score:-5, Nutrition Score:6.3878261576528%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 59.24kcal (2.96%), Fat: 0.91g (1.4%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 7.59g (2.76%), Sugar: 4g (4.44%), Cholesterol: 2.44mg (0.81%), Sodium: 256.56mg (11.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Vitamin K: 19.98µg (19.03%), Vitamin A: 585.84IU (11.72%), Vitamin B2: 0.18mg (10.87%), Vitamin C: 8.37mg (10.14%), Fiber: 2.27g (9.1%), Vitamin B3: 1.63mg (8.13%), Potassium: 270.67mg (7.73%), Copper: 0.15mg (7.62%), Manganese: 0.15mg (7.46%), Phosphorus: 68.15mg (6.82%), Vitamin B5: 0.63mg (6.33%), Selenium: 4.31µg (6.16%), Folate: 22.37µg (5.59%), Vitamin B1: 0.08mg (5.46%), Vitamin B6: 0.11mg (5.39%), Calcium: 41.74mg (4.17%), Magnesium: 14.77mg (3.69%), Iron: 0.55mg (3.07%), Zinc: 0.4mg (2.67%), Vitamin B12: 0.12µg (2.04%), Vitamin D: 0.29µg (1.92%), Vitamin E: 0.27mg (1.81%)