



Artichoke Antipasto: Carciofata



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



561 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 baby artichokes trimmed halved
- ☐ 4 slices peasant bread
- ☐ 1 teaspoon chili flakes
- ☐ 2 tablespoons currants
- ☐ 1 bunch basil leaves fresh
- ☐ 20 mint leaves fresh
- ☐ 3 cloves garlic thinly sliced
- ☐ 6 tablespoons olive oil extra-virgin

- ☐ 1 bunch parsley italian coarsely chopped
- ☐ 2 tablespoons pinenuts
- ☐ 2 medium onions red cut into 1/2-inch dice
- ☐ 4 servings sea salt
- ☐ 0.3 cup sun-dried tomatoes

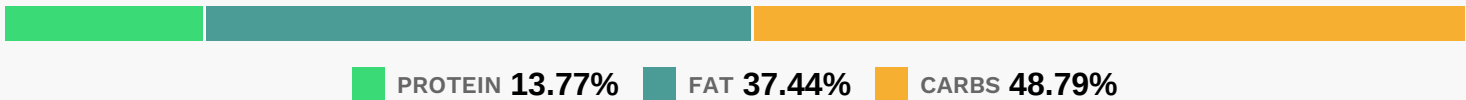
Equipment

- ☐ frying pan

Directions

- ☐ In a 12 to 14-inch saute pan, heat 6 tablespoons of oil until almost smoking.
- ☐ Add the onions, pine nuts, currants, chile flakes, garlic, artichokes, and tomatoes and saute until soft and fragrant, 18 to 20 minutes.
- ☐ Remove from heat, allow to cool and stir in the herbs.
- ☐ Drizzle with the remaining olive oil, season with sea salt, and serve with the grilled bread.

Nutrition Facts



Properties

Glycemic Index:68.17, Glycemic Load:10.9, Inflammation Score:-10, Nutrition Score:28.984347986138%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 31mg, Apigenin: 31mg, Apigenin: 31mg, Apigenin: 31mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg

Nutrients (% of daily need)

Calories: 560.9kcal (28.05%), Fat: 26.22g (40.34%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 76.87g (25.62%), Net Carbohydrates: 49.38g (17.96%), Sugar: 19.21g (21.34%), Cholesterol: 0mg (0%), Sodium: 888.97mg (38.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.7g (43.39%), Vitamin K: 262.7µg (250.19%), Vitamin

A: 5530.7IU (110.61%), Fiber: 27.49g (109.96%), Manganese: 1.16mg (57.9%), Iron: 10.41mg (57.84%), Vitamin C: 37.32mg (45.24%), Vitamin E: 3.88mg (25.86%), Calcium: 252.77mg (25.28%), Folate: 70.3µg (17.58%), Potassium: 576.03mg (16.46%), Copper: 0.31mg (15.31%), Vitamin B1: 0.23mg (15.31%), Magnesium: 59.28mg (14.82%), Vitamin B3: 2.96mg (14.78%), Selenium: 9.25µg (13.21%), Phosphorus: 130.7mg (13.07%), Vitamin B2: 0.18mg (10.41%), Vitamin B6: 0.21mg (10.38%), Zinc: 1.14mg (7.63%), Vitamin B5: 0.56mg (5.56%)