



Artichoke Bottoms Braised in Olive Oil with Garlic and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 60 oz artichokes
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 1 tablespoon garlic finely chopped
- ☐ 2 teaspoons kosher salt
- ☐ 1 optional: lemon halved
- ☐ 6 servings garnish: mint fresh chopped
- ☐ 0.3 cup olive oil extra-virgin

☐ 1 cup water

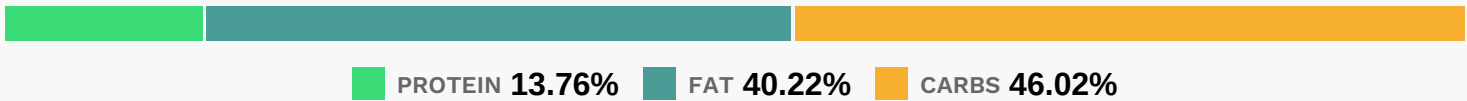
Equipment

- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ serrated knife

Directions

- ☐ Keep stem attached and, at opposite end, cut off top inch of 1 artichoke with a serrated knife. Bend back outer leaves until they snap off close to base, then discard several more layers of leaves in same manner until you reach pale yellow leaves with pale green tips.
- ☐ Cut remaining leaves flush with top of artichoke bottom using a sharp knife, then pull out purple leaves and scoop out fuzzy choke with melon-ball cutter. Trim dark green fibrous parts from base and sides of artichoke with a sharp paring knife, then rub cut surfaces with a lemon half.
- ☐ Cut 1/4 inch from end of stem to expose inner core. Trim sides of stem (still attached) down to pale inner core. Rub cut surfaces with same lemon half.
- ☐ Trim remaining artichokes in same manner.
- ☐ Put water and oil in a 4-quart heavy pot.
- ☐ Mince and mash garlic with 1 teaspoon kosher salt, then mix in mint. Rub one sixth of garlic paste into cavity of each artichoke, then stand artichokes upside down in liquid in pot.
- ☐ Sprinkle remaining teaspoon salt over artichokes, then simmer, covered, over low heat, until tender, 20 to 30 minutes.
- ☐ Transfer artichokes to a serving dish and boil cooking liquid, whisking, until emulsified and reduced to about 1/3 cup.
- ☐ Pour sauce over artichokes and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:5.06, Inflammation Score:-8, Nutrition Score:22.602608535601%

Flavonoids

Eriodictyol: 4.41mg, Eriodictyol: 4.41mg, Eriodictyol: 4.41mg, Eriodictyol: 4.41mg Hesperetin: 5.21mg, Hesperetin: 5.21mg, Hesperetin: 5.21mg, Hesperetin: 5.21mg Naringenin: 35.54mg, Naringenin: 35.54mg, Naringenin: 35.54mg, Naringenin: 35.54mg Apigenin: 21.32mg, Apigenin: 21.32mg, Apigenin: 21.32mg, Apigenin: 21.32mg Luteolin: 7.11mg, Luteolin: 7.11mg, Luteolin: 7.11mg, Luteolin: 7.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 247.81kcal (12.39%), Fat: 12.5g (19.24%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 32.19g (10.73%), Net Carbohydrates: 16.2g (5.89%), Sugar: 3.27g (3.63%), Cholesterol: 0mg (0%), Sodium: 1045.01mg (45.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.24%), Fiber: 15.99g (63.95%), Vitamin C: 43.71mg (52.98%), Folate: 196.89µg (49.22%), Vitamin K: 49.2µg (46.86%), Magnesium: 173.75mg (43.44%), Manganese: 0.78mg (38.85%), Copper: 0.68mg (33.92%), Potassium: 1089.83mg (31.14%), Phosphorus: 261.4mg (26.14%), Iron: 3.93mg (21.81%), Vitamin B6: 0.36mg (18.11%), Vitamin E: 2.29mg (15.3%), Vitamin B3: 3.02mg (15.12%), Vitamin B1: 0.22mg (14.37%), Calcium: 138.07mg (13.81%), Vitamin B2: 0.2mg (11.59%), Vitamin B5: 1.01mg (10.07%), Zinc: 1.44mg (9.61%), Vitamin A: 118.81IU (2.38%), Selenium: 0.83µg (1.19%)