



 **14%**
HEALTH SCORE

Artichoke Galette

READY IN



79 min.

SERVINGS



6

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup asiago cheese shredded packed
- 8 baby artichokes
- 0.5 teaspoon pepper black
- 1.5 teaspoons peppercorns black
- 2 teaspoons thyme sprigs fresh
- 1 garlic clove halved
- 0.3 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 0.3 cup pinenuts toasted chopped

- 5 radishes french halved lengthwise
- 14.1 ounce pie crust dough refrigerated (such as Pillsbury)
- 5 shallots peeled quartered
- 0.5 cup wine crisp

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- pot
- cheesecloth

Directions

- Preheat oven to 400.
- Combine 1 cup water and juice in a bowl.
- Cut artichoke tops off; trim stems. Quarter artichokes; place in bowl.
- Combine 2 cups water and wine in a saucepan.
- Place peppercorns in center of cheesecloth; tie ends.
- Add sachet to pan; bring to a simmer.
- Drain artichokes; add to pot. Simmer 5 minutes; drain. Discard sachet.
- Heat a small skillet over medium-high heat. Coat pan with cooking spray.
- Add shallots; saut 5 minutes.
- Combine shallots, artichokes, and radishes.
- Roll dough out to a 15-inch circle; rub with garlic.
- Place dough on a baking sheet.
- Sprinkle with nuts and cheese, leaving a 2-inch border. Top with artichoke mixture, thyme, pepper, and salt. Fold edges of dough over to partially cover.

Bake at 400 for 30 minutes or until browned.

Nutrition Facts

PROTEIN 11.65% **FAT 46.82%** **CARBS 41.53%**

Properties

Glycemic Index:40.5, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:14.373043450324%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 2.1mg, Pelargonidin: 2.1mg, Pelargonidin: 2.1mg, Pelargonidin: 2.1mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 492.11kcal (24.61%), Fat: 25.82g (39.72%), Saturated Fat: 7.88g (49.26%), Carbohydrates: 51.52g (17.17%), Net Carbohydrates: 42.3g (15.38%), Sugar: 4.44g (4.94%), Cholesterol: 8.5mg (2.83%), Sodium: 716.69mg (31.16%), Alcohol: 2.06g (100%), Alcohol %: 1.04% (100%), Protein: 14.46g (28.91%), Manganese: 1.23mg (61.29%), Fiber: 9.22g (36.89%), Iron: 4.63mg (25.73%), Vitamin A: 1152.55IU (23.05%), Calcium: 221.44mg (22.14%), Phosphorus: 198.48mg (19.85%), Vitamin B1: 0.23mg (15.54%), Folate: 59.71µg (14.93%), Vitamin B3: 2.27mg (11.34%), Magnesium: 44.69mg (11.17%), Vitamin B2: 0.19mg (11%), Vitamin K: 11.49µg (10.94%), Selenium: 7.09µg (10.13%), Copper: 0.2mg (9.83%), Vitamin C: 7.64mg (9.27%), Zinc: 1.28mg (8.53%), Vitamin B6: 0.15mg (7.52%), Vitamin E: 1.06mg (7.09%), Potassium: 240.52mg (6.87%), Vitamin B5: 0.45mg (4.55%), Vitamin B12: 0.15µg (2.5%)