



Artichoke Gratinata

READY IN



25 min.

SERVINGS



4

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup breadcrumbs plain
- 2 tablespoons butter
- 0.5 cup chicken broth
- 2 tablespoons parsley fresh chopped
- 1 pound artichoke hearts frozen thawed
- 1 garlic clove minced
- 0.3 cup plum brandy
- 3 tablespoons olive oil

- 0.3 cup parmesan grated
- 0.1 teaspoon pepper red
- 0.8 teaspoon salt

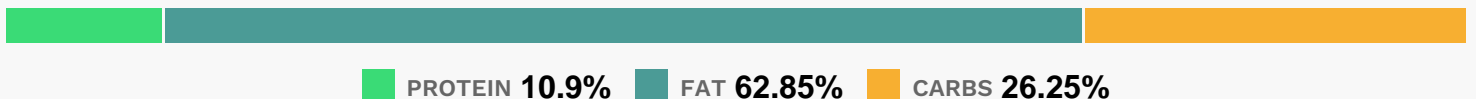
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 450 degrees F.
- Warm the olive oil in a heavy bottom skillet over medium-high heat.
- Add the garlic and cook for 1 minute.
- Add the artichoke hearts, parsley, salt, pepper, and red pepper flakes and cook until the artichoke hearts are starting to brown at the edges, about 3 minutes.
- Add the chicken broth and wine and simmer for 3 minutes.
- Transfer the artichoke mixture to a 2-quart baking dish.
- Melt the butter in the same skillet used to cook the artichokes. In a small bowl mix the melted butter with the bread crumbs. Stir in the Parmesan and top the artichokes with the bread crumbs.
- Bake until the top is golden, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:0.18, Inflammation Score:-7, Nutrition Score:11.935652215844%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 282.41kcal (14.12%), Fat: 19.39g (29.83%), Saturated Fat: 6.65g (41.53%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 13.26g (4.82%), Sugar: 1.95g (2.17%), Cholesterol: 21.3mg (7.1%), Sodium: 846.55mg (36.81%), Alcohol: 2.3g (100%), Alcohol %: 1.48% (100%), Protein: 7.57g (15.14%), Folate: 156.41µg (39.1%), Vitamin K: 40.63µg (38.7%), Manganese: 0.43mg (21.26%), Fiber: 4.96g (19.85%), Vitamin B2: 0.25mg (14.63%), Calcium: 145.99mg (14.6%), Phosphorus: 145.35mg (14.54%), Vitamin A: 603IU (12.06%), Vitamin E: 1.75mg (11.68%), Vitamin B1: 0.17mg (11.25%), Vitamin C: 8.9mg (10.79%), Magnesium: 41.44mg (10.36%), Potassium: 344.46mg (9.84%), Vitamin B3: 1.73mg (8.67%), Iron: 1.35mg (7.5%), Selenium: 4.76µg (6.8%), Vitamin B6: 0.12mg (6.22%), Zinc: 0.8mg (5.3%), Copper: 0.11mg (5.29%), Vitamin B5: 0.33mg (3.31%), Vitamin B12: 0.15µg (2.49%)