



Artichokes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



165 kcal

SIDE DISH

Ingredients

- 2 artichokes whole
- 2 tablespoons butter
- 2 cloves garlic sliced
- 2 servings salt and pepper to taste

Equipment

- frying pan
- pot

Directions

- Fill the pan with just enough water to cover bottom. Bring to a full boil over high heat. While water is heating, trim and discard the stems and tough outer leaves of artichokes. Tuck slivers of butter and slices of garlic into artichoke leaves.
- When water is boiling, place steamer insert in pot and set artichokes in steamer, stem-side down. Cover pot with lid and allow artichokes to steam for approximately 20 minutes, until tender.

Nutrition Facts

PROTEIN 10% **FAT 57.85%** **CARBS 32.15%**

Properties

Glycemic Index:56, Glycemic Load:2.38, Inflammation Score:-6, Nutrition Score:10.173043490752%

Flavonoids

Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 165.01kcal (8.25%), Fat: 11.56g (17.79%), Saturated Fat: 7.24g (45.28%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 7.48g (2.72%), Sugar: 1.31g (1.45%), Cholesterol: 30.1mg (10.03%), Sodium: 404.64mg (17.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Fiber: 6.97g (27.9%), Folate: 87.55µg (21.89%), Magnesium: 77.83mg (19.46%), Vitamin C: 15.91mg (19.29%), Vitamin K: 19.98µg (19.02%), Manganese: 0.38mg (18.92%), Copper: 0.3mg (15.24%), Potassium: 489.03mg (13.97%), Phosphorus: 123.15mg (12.31%), Iron: 1.69mg (9.41%), Vitamin B6: 0.19mg (9.31%), Vitamin A: 366.77IU (7.34%), Vitamin B3: 1.37mg (6.83%), Vitamin B1: 0.1mg (6.59%), Calcium: 65.23mg (6.52%), Vitamin B2: 0.09mg (5.44%), Vitamin B5: 0.47mg (4.66%), Zinc: 0.68mg (4.5%), Vitamin E: 0.57mg (3.8%), Selenium: 0.82µg (1.18%)