



Artichokes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



39 kcal

SIDE DISH

Ingredients

- 6 large artichokes with stems intact
- 0.3 cup juice of lemon fresh halved

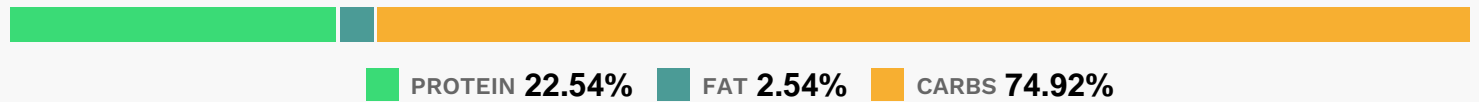
Equipment

- bowl
- paper towels
- pot
- ziploc bags

Directions

- Combine 1 quart cold water and lemon juice in a large bowl. Working with 1 artichoke at a time, bend back outer leaves until they snap off close to base and discard several more layers of leaves in same manner until exposed leaves are pale green at top and pale yellow at base.
- Cut off leaves flush with top of base and cut a thin slice from end of stem to expose a fresh cross section. Trim dark green fibrous parts from base and stem of artichoke, being careful not to break off stem.
- Rub artichoke all over with lemon halves. Quarter lengthwise and remove fuzzy center and any purple leaves. Put in bowl of lemon water.
- Have ready a bowl of ice and cold water.
- Drain artichokes and cook in a large pot of boiling salted water until tender, about 10 minutes.
- Drain and transfer to ice water to cool.
- Drain well.
- Artichokes may be cooked 2 days ahead and chilled in sealed plastic bags with paper towels to absorb excess moisture. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:1.32, Inflammation Score:-4, Nutrition Score:5.9799999601167%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 10.2mg, Naringenin: 10.2mg, Naringenin: 10.2mg, Naringenin: 10.2mg Apigenin: 6.06mg, Apigenin: 6.06mg, Apigenin: 6.06mg, Apigenin: 6.06mg Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 39.19kcal (1.96%), Fat: 0.13g (0.21%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 4.47g (1.63%), Sugar: 0.93g (1.03%), Cholesterol: 0mg (0%), Sodium: 76.19mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.33%), Fiber: 4.39g (17.56%), Folate: 56.1µg (14.02%), Vitamin C: 11.44mg (13.87%), Magnesium: 48.9mg (12.23%), Vitamin K: 11.99µg (11.42%), Manganese: 0.21mg (10.4%), Copper:

0.19mg (9.4%), Potassium: 304.94mg (8.71%), Phosphorus: 73.31mg (7.33%), Iron: 1.04mg (5.78%), Vitamin B6: 0.1mg (4.81%), Vitamin B3: 0.85mg (4.26%), Vitamin B1: 0.06mg (3.97%), Calcium: 35.94mg (3.59%), Vitamin B2: 0.05mg (3.19%), Vitamin B5: 0.28mg (2.8%), Zinc: 0.4mg (2.66%), Vitamin E: 0.16mg (1.08%)