



## Artichokes and Spinach au Gratin

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



56 kcal

SIDE DISH

### Ingredients

- 6 artichokes ) artichoke hearts frozen ( )
- 1 teaspoon coriander seed
- 1 teaspoon basil dried
- 1 teaspoon thyme leaves dried
- 0.5 teaspoon coarsely peppercorns black crushed
- 0.8 cup swiss cheese shredded

### Equipment

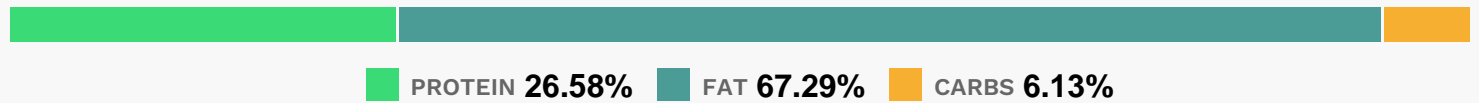
- frying pan

oven

## Directions

- Rinse and drain fresh artichokes. Trim leaves off just above artichoke bottoms. Discard leaves or save to cook separately.
- In a 3- to 4-quart pan over high heat, bring 1 1/2 quarts water, thyme, coriander, basil, and peppercorns to a boil.
- Add fresh artichoke bottoms, cover, reduce heat, and simmer until bottoms are tender when pierced, about 30 minutes. (Or add frozen artichoke hearts and simmer until thawed and seasoned, about 10 minutes.)
- Drain artichokes. Trim coarse fibers from artichoke bottoms, break off remaining leaves, and scoop out and discard fuzzy centers.
- Place artichokes in a shallow 8- or 9-inch-wide casserole; turn bottoms cup side up. Cover artichokes with spinach filling and sprinkle with cheese.
- Bake in a 350 oven until cheese is lightly browned, about 35 minutes (45 minutes if chilled).

## Nutrition Facts



## Properties

Glycemic Index:9.83, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:2.8526086884996%

## Nutrients (% of daily need)

Calories: 56.2kcal (2.81%), Fat: 4.28g (6.58%), Saturated Fat: 2.47g (15.47%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.48g (0.17%), Sugar: 0.01g (0.01%), Cholesterol: 12.56mg (4.18%), Sodium: 25.85mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Calcium: 131.21mg (13.12%), Phosphorus: 80.8mg (8.08%), Vitamin B12: 0.41µg (6.79%), Vitamin K: 6.5µg (6.19%), Selenium: 4.18µg (5.98%), Manganese: 0.09mg (4.28%), Zinc: 0.64mg (4.24%), Vitamin B2: 0.05mg (2.74%), Iron: 0.47mg (2.6%), Vitamin A: 123.17IU (2.46%), Magnesium: 8mg (2%), Fiber: 0.4g (1.58%)