



Artichokes Au Gratin

READY IN



35 min.

SERVINGS



4

CALORIES



368 kcal

SIDE DISH

Ingredients

- 12 ounce marinated artichoke dry drained
- 2 tablespoons balsamic vinaigrette
- 0.3 pound optional - few of cheese - we use sheep's milk soft sliced
- 1 cup the salad mixed
- 4 servings olive oil extra virgin extra-virgin for brushing
- 1.5 teaspoons parmesan cheese grated
- 4 tablespoons seasoned bread crumbs plain

Equipment

- bowl
- oven
- baking pan
- broiler

Directions

- Preheat the oven to 350 degrees.
- Brush a 9-inch square baking dish with olive oil and sprinkle with 2 tablespoons breadcrumbs.
- Place the artichokes cup-side up on the breadcrumbs and brush or drizzle with olive oil.
- Sprinkle with 1 tablespoon breadcrumbs and the parmesan.
- Bake for 15 minutes; remove from the oven and preheat the broiler. Divide the sheep's milk cheese among the artichokes; sprinkle with the remaining 1 tablespoon breadcrumbs. Broil until the cheese starts to bubble and the topping browns, 3 to 4 minutes. Toss the salad greens with the balsamic vinaigrette in a bowl; serve the artichokes on top of the greens.
- Photograph by Mark Peterson

Nutrition Facts

■ PROTEIN **7.63%** ■ FAT **77.85%** ■ CARBS **14.52%**

Properties

Glycemic Index:6.75, Glycemic Load:0.3, Inflammation Score:-7, Nutrition Score:9.213478339755%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 367.62kcal (18.38%), Fat: 31.57g (48.57%), Saturated Fat: 7.23g (45.18%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 11.06g (4.02%), Sugar: 1.68g (1.86%), Cholesterol: 26.94mg (8.98%), Sodium: 882.7mg (38.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Vitamin C: 20.45mg (24.79%), Vitamin A: 1119.01IU (22.38%), Calcium: 193.5mg (19.35%), Vitamin B2: 0.29mg (17.19%), Vitamin E: 2.1mg (14.02%), Vitamin K: 13.57µg (12.92%), Phosphorus: 128.86mg (12.89%), Selenium: 7.41µg (10.58%), Vitamin B1: 0.14mg (9.55%), Vitamin B12: 0.54µg (8.98%), Fiber: 2.19g (8.76%), Iron: 1.44mg (7.99%), Vitamin B6: 0.15mg (7.34%), Zinc: 1.06mg (7.07%), Folate: 24.78µg (6.2%), Manganese: 0.12mg (6.13%), Vitamin B3: 0.95mg (4.77%), Vitamin B5: 0.35mg

(3.54%), Magnesium: 11.73mg (2.93%), Copper: 0.04mg (1.96%), Potassium: 61.42mg (1.75%)