



Artichokes Au Gratin

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



198 kcal

SIDE DISH

Ingredients

- 28 ounces artichoke hearts rinsed drained quartered canned
- 0.3 cup butter divided
- 1 tablespoon breadcrumbs dry
- 1 eggs lightly beaten
- 2 tablespoons flour all-purpose
- 1 garlic clove minced
- 1.5 cups milk
- 0.1 teaspoon paprika

- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.5 cup swiss cheese shredded divided

Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 400°. In a small skillet, saute artichokes and garlic in 2 tablespoons butter until tender.
- Transfer to a greased 1-qt. baking dish.
- In a small saucepan, melt remaining butter. Stir in flour, salt and pepper until smooth. Gradually add milk. Bring to a boil; cook and stir 2 minutes or until thickened.
- Remove from heat. Stir a small amount of hot mixture into egg; return all to pan, stirring constantly. Stir in 1/4 cup cheese until melted.
- Pour over artichokes; sprinkle with remaining cheese.
- Combine crumbs and paprika; sprinkle over top.
- Bake, uncovered, 20-25 minutes or until heated through.

Nutrition Facts



PROTEIN 14.47% **FAT 61.73%** **CARBS 23.8%**

Properties

Glycemic Index:44.5, Glycemic Load:2.56, Inflammation Score:-3, Nutrition Score:5.4452173269313%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 197.56kcal (9.88%), Fat: 13.23g (20.36%), Saturated Fat: 7.89g (49.31%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 9.25g (3.36%), Sugar: 4.11g (4.56%), Cholesterol: 63.31mg (21.1%), Sodium: 805.71mg (35.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Calcium: 166.42mg (16.64%), Phosphorus: 136.54mg (13.65%), Vitamin B12: 0.69µg (11.47%), Selenium: 7.56µg (10.8%), Vitamin B2: 0.17mg (9.91%), Vitamin A: 470.51IU (9.41%), Fiber: 2.23g (8.9%), Vitamin D: 0.82µg (5.45%), Zinc: 0.8mg (5.32%), Vitamin B1: 0.08mg (5.04%), Vitamin B5: 0.41mg (4.14%), Potassium: 120.32mg (3.44%), Vitamin B6: 0.07mg (3.34%), Magnesium: 12.97mg (3.24%), Manganese: 0.06mg (2.87%), Folate: 10.95µg (2.74%), Vitamin E: 0.4mg (2.65%), Iron: 0.37mg (2.03%), Vitamin B3: 0.35mg (1.73%), Vitamin K: 1.29µg (1.23%), Copper: 0.02mg (1.05%)