



HEALTH SCORE

63%

Artichokes Braised in Lemon and Olive Oil



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



1500 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

Ingredients



8 medium artichokes



1 carrots finely chopped



0.3 teaspoon coriander seeds



0.3 teaspoon fennel seeds



2 tablespoons flat-leaf parsley coarsely chopped



3 garlic cloves thinly sliced



1 optional: lemon halved



0.3 cup juice of lemon fresh divided

- ☐ 3 strips lemon zest
- ☐ 0.5 cup olive oil extra-virgin divided
- ☐ 3 small shallots sliced into thin rings
- ☐ 1.5 cups water

Equipment

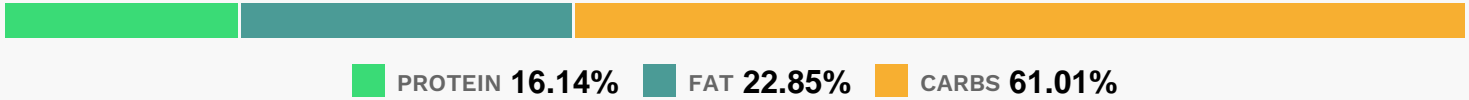
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ wax paper

Directions

- ☐ Add lemon halves to a large bowl of cold water, squeezing to release juice.
- ☐ Cut off top inch of 1 artichoke and bend back outer leaves until they snap off close to base (keep stem attached). Discard several more layers in same manner until you reach pale yellow leaves.
- ☐ Cut remaining leaves flush with top of artichoke bottom using a sharp knife. Trim dark green fibrous parts from base and sides of artichoke.
- ☐ Peel sides of stem down to pale inner core. Put in lemon water while preparing remaining artichokes.
- ☐ Cook shallots, carrot, garlic, and seeds in 1/4 cup oil in a 4-to 5-quart heavy pot (pot should be wide enough to hold artichokes in 1 layer with stems pointing upward) over medium heat, stirring occasionally, 3 minutes.
- ☐ Add water, zest, and 3 tablespoons lemon juice and bring to a simmer. Stand artichokes in pot and season with 1 teaspoon salt and 1/4 teaspoon pepper. Cover artichokes with wax paper, then a lid, and simmer over medium-low heat until bases are just tender when pierced with a knife, 20 to 30 minutes.
- ☐ Transfer artichokes to a dish and reserve cooking liquid. When artichokes are cool enough to handle, halve lengthwise. Scoop out and discard inner choke (fuzzy center and any sharp leaves).

- ☐
- Heat 2 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then brown cut sides of artichokes in 2 batches, about 2 minutes per batch, transferring to a serving dish.
- ☐
- Add reserved cooking liquid to skillet along with remaining tablespoon lemon juice and remaining 2 tablespoons oil. Boil vigorously 3 minutes, then stir in parsley and pour over artichokes.
- ☐
- Serve warm or at room temperature.
- ☐
- Artichokes can be braised 1 day ahead and chilled in cooking liquid. Reheat to warm before proceeding.

Nutrition Facts



Properties

Glycemic Index:24.54, Glycemic Load:3.06, Inflammation Score:-9, Nutrition Score:13.319999834766%

Flavonoids

Eriodictyol: 3.26mg, Eriodictyol: 3.26mg, Eriodictyol: 3.26mg, Eriodictyol: 3.26mg Hesperetin: 4.87mg, Hesperetin: 4.87mg, Hesperetin: 4.87mg, Hesperetin: 4.87mg Naringenin: 16.18mg, Naringenin: 16.18mg, Naringenin: 16.18mg, Naringenin: 16.18mg Apigenin: 11.74mg, Apigenin: 11.74mg, Apigenin: 11.74mg, Apigenin: 11.74mg Luteolin: 3.24mg, Luteolin: 3.24mg, Luteolin: 3.24mg, Luteolin: 3.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 102.11kcal (5.11%), Fat: 3.01g (4.64%), Saturated Fat: 0.43g (2.72%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 10.13g (3.68%), Sugar: 2.93g (3.26%), Cholesterol: 0mg (0%), Sodium: 130.18mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin K: 38.07µg (36.26%), Vitamin C: 28.47mg (34.51%), Fiber: 7.97g (31.9%), Vitamin A: 1378.89IU (27.58%), Folate: 96.29µg (24.07%), Magnesium: 82.95mg (20.74%), Manganese: 0.4mg (19.83%), Copper: 0.33mg (16.36%), Potassium: 568.33mg (16.24%), Phosphorus: 129.17mg (12.92%), Vitamin B6: 0.22mg (11.07%), Iron: 1.98mg (11.01%), Vitamin B1: 0.11mg (7.59%), Vitamin B3: 1.48mg (7.4%), Calcium: 72.74mg (7.27%), Vitamin B2: 0.1mg (5.74%), Vitamin B5: 0.53mg (5.28%), Zinc: 0.73mg (4.86%), Vitamin E: 0.73mg (4.85%)