



Artichokes Caponata: Caponata di Carciofi



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

Ingredients

- ☐ 8 artichokes
- ☐ 1 small carrots peeled chopped
- ☐ 2 chiles whole
- ☐ 4 tablespoons granulated sugar
- ☐ 12 olives green pitted
- ☐ 4 servings juice of lemon
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 medium onion cut into medium dice

- ☐ 4 plum tomatoes canned peeled seeded
- ☐ 4 tablespoons red wine vinegar
- ☐ 1 tablespoon salt capers dried packed rinsed
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 fillet salt anchovy dry packed rinsed chopped
- ☐ 2 tablespoons tomato paste

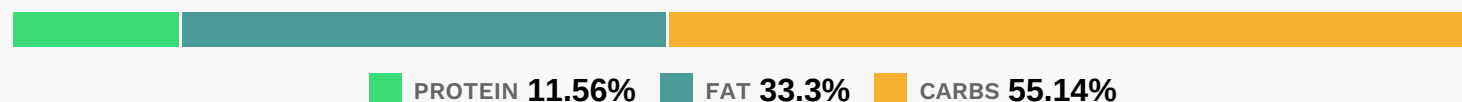
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ bread knife

Directions

- ☐ Using a bread knife, carefully slice off the tips of the artichokes, remove all of the tough outer leaves, and using a paring knife peel the base.
- ☐ Cut each artichoke into quarters and remove the choke, as well as any prickly tips that may have formed on the inner leaves.
- ☐ Place in water with lemon juice.
- ☐ Drain.
- ☐ Cut each of these quarters into halves, to make wedges.
- ☐ In a medium saucepan, heat 4 tablespoons extra-virgin olive oil, add onions, carrots, olives, capers, chiles, and drained artichokes. Season with salt and pepper. Toss to caramelize.
- ☐ Add more olive oil, season, add tomato paste and let ingredients bubble rapidly.
- ☐ Add anchovies. During the last 5 minutes add tomatoes.
- ☐ Add red wine vinegar and sugar and reduce 1 minute.
- ☐ Serve hot or at room temperature with a salad

Nutrition Facts



Properties

Glycemic Index:83.98, Glycemic Load:15.16, Inflammation Score:-10, Nutrition Score:29.156521802363%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 32.63mg, Naringenin: 32.63mg, Naringenin: 32.63mg, Naringenin: 32.63mg Apigenin: 19.16mg, Apigenin: 19.16mg, Apigenin: 19.16mg, Apigenin: 19.16mg Luteolin: 5.98mg, Luteolin: 5.98mg, Luteolin: 5.98mg, Luteolin: 5.98mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 321.12kcal (16.06%), Fat: 13.11g (20.18%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 48.85g (16.28%), Net Carbohydrates: 32.56g (11.84%), Sugar: 19.93g (22.14%), Cholesterol: 0mg (0%), Sodium: 2307.4mg (100.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.25g (20.49%), Vitamin C: 80.17mg (97.17%), Fiber: 16.28g (65.13%), Vitamin A: 3023.07IU (60.46%), Vitamin K: 55.21µg (52.58%), Folate: 197.88µg (49.47%), Magnesium: 174.87mg (43.72%), Manganese: 0.85mg (42.72%), Potassium: 1336.16mg (38.18%), Copper: 0.72mg (35.95%), Phosphorus: 273mg (27.3%), Vitamin B6: 0.52mg (26.12%), Iron: 4.21mg (23.38%), Vitamin E: 3.4mg (22.66%), Vitamin B3: 3.75mg (18.77%), Vitamin B1: 0.25mg (16.6%), Calcium: 141.95mg (14.19%), Vitamin B2: 0.23mg (13.46%), Vitamin B5: 1.05mg (10.52%), Zinc: 1.55mg (10.31%), Selenium: 1.33µg (1.91%)