



Artichokes & herby olive sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



259 kcal

SAUCE

Ingredients

- ☐ 1 optional: lemon halved
- ☐ 4 globe artichokes
- ☐ 5 tbsp olive oil
- ☐ 20 kalamata olives pitted roughly chopped
- ☐ 1 small tomatoes finely chopped
- ☐ 0.5 small bunch mint leaves finely chopped
- ☐ 0.5 small bunch parsley finely chopped

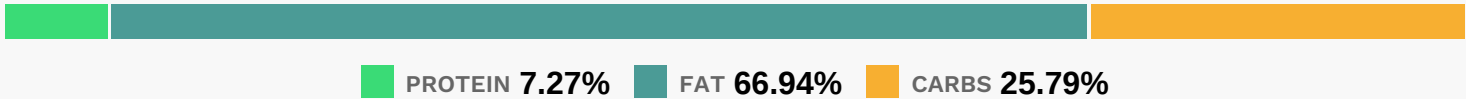
Equipment

☐ knife

Directions

- ☐ Bring one or two large pans of salted water to the boil with the lemon halves in.
- ☐ Cut the stalk off each artichoke and discard. Boil the artichokes for 40–45 mins until the base feels tender when the tip of a knife is inserted.
- ☐ Meanwhile, make the sauce.
- ☐ Mix the lemon juice, oil, olives, tomato and herbs. Season with salt and pepper.
- ☐ To eat, pull off the leaves, dip the bottom end into sauce and discard the tips of the leaves. When you get to the middle, scrape out the hairy choke and eat the artichoke heart.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:2.84, Inflammation Score:-8, Nutrition Score:17.909565285496%

Flavonoids

Eriodictyol: 5.92mg, Eriodictyol: 5.92mg, Eriodictyol: 5.92mg, Eriodictyol: 5.92mg Hesperetin: 7.58mg, Hesperetin: 7.58mg, Hesperetin: 7.58mg Naringenin: 16.3mg, Naringenin: 16.3mg, Naringenin: 16.3mg, Naringenin: 16.3mg Apigenin: 24.97mg, Apigenin: 24.97mg, Apigenin: 24.97mg, Apigenin: 24.97mg Luteolin: 3.73mg, Luteolin: 3.73mg, Luteolin: 3.73mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 258.7kcal (12.94%), Fat: 20.94g (32.21%), Saturated Fat: 2.89g (18.09%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 9.27g (3.37%), Sugar: 2.71g (3.01%), Cholesterol: 0mg (0%), Sodium: 438.49mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.24%), Vitamin K: 148.41µg (141.34%), Vitamin C: 42.04mg (50.96%), Fiber: 8.88g (35.5%), Folate: 105.42µg (26.36%), Vitamin E: 3.74mg (24.95%), Magnesium: 87.63mg (21.91%), Manganese: 0.38mg (18.95%), Vitamin A: 912.14IU (18.24%), Copper: 0.36mg (17.77%), Potassium: 615.67mg (17.59%), Iron: 2.53mg (14.03%), Phosphorus: 130.28mg (13.03%), Vitamin B6: 0.2mg (10.08%), Calcium: 87.24mg (8.72%), Vitamin B3: 1.65mg (8.25%), Vitamin B1: 0.12mg (8.14%), Vitamin B2: 0.1mg (6.11%), Vitamin B5: 0.54mg (5.39%), Zinc: 0.77mg (5.15%)