



# Artichokes Roman Style: Carciofi alla Romana

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 artichokes trimmed halved (but not inner)
- 0.5 cup cooking wine dry white
- 3 tablespoons mint leaves fresh chopped
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic finely chopped
- 1 tablespoon olive oil extra-virgin
- 6 servings salt to taste
- 0.8 cup water boiling

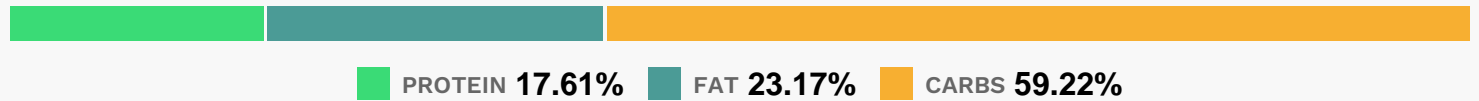
## Equipment

- bowl
- frying pan
- stove

## Directions

- In a small bowl, combine the parsley, mint, garlic, salt and 1 tablespoon olive oil. In the cavity of the artichoke from which the choke was removed, place 1 teaspoon of the herb mixture. Repeat this procedure with the remaining chokes. Arrange all chokes in a deep pan that keeps them close together, in other words, one that doesn't give them room to fall over.
- Add the wine, boiling water, remaining oil and a pinch of salt. Cover and simmer on the stovetop 1 hour.
- Serve hot or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:18.17, Glycemic Load:2.27, Inflammation Score:-6, Nutrition Score:10.75434788932%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 16.08mg, Naringenin: 16.08mg, Naringenin: 16.08mg, Naringenin: 16.08mg Apigenin: 11.15mg, Apigenin: 11.15mg, Apigenin: 11.15mg, Apigenin: 11.15mg Luteolin: 3.27mg, Luteolin: 3.27mg, Luteolin: 3.27mg, Luteolin: 3.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 100.67kcal (5.03%), Fat: 2.56g (3.94%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 7.56g (2.75%), Sugar: 1.47g (1.64%), Cholesterol: 0mg (0%), Sodium: 317.95mg (13.82%), Alcohol: 2.06g (100%), Alcohol %: 1.41% (100%), Protein: 4.38g (8.75%), Vitamin K: 31.38µg (29.88%), Fiber: 7.16g (28.62%),

Folate: 91.13µg (22.78%), Vitamin C: 16.97mg (20.57%), Magnesium: 81.68mg (20.42%), Manganese: 0.4mg (19.94%),  
Copper: 0.31mg (15.68%), Potassium: 509.79mg (14.57%), Phosphorus: 122.54mg (12.25%), Iron: 1.89mg (10.51%),  
Vitamin B6: 0.17mg (8.74%), Vitamin B3: 1.42mg (7.09%), Calcium: 67.96mg (6.8%), Vitamin B1: 0.1mg (6.52%),  
Vitamin B2: 0.1mg (5.64%), Zinc: 0.7mg (4.67%), Vitamin B5: 0.46mg (4.59%), Vitamin E: 0.58mg (3.9%), Vitamin A:  
179.09IU (3.58%)