



HEALTH SCORE

20%

Artichokes Stuffed with Pancetta and Parsley



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

SIDE DISH

Ingredients

- ☐ 4 large artichokes
- ☐ 2 optional: lemon halved
- ☐ 3 tablespoons olive oil
- ☐ 3 ounces pancetta finely chopped
- ☐ 0.5 cup parsley fresh italian minced
- ☐ 0.7 cup water

Equipment

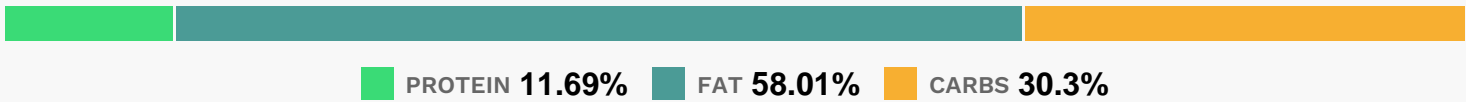
- ☐ bowl

- ☐ frying pan
- ☐ peeler

Directions

- ☐ Squeeze juice from 1 lemon into large bowl of cold water; add 2 lemon halves.
- ☐ Cut stem off 1 artichoke; cut stem into 1/4-inch-thick rounds.
- ☐ Place rounds in lemon water. Starting at base of artichoke, bend outer leaves back; snap off where leaves break naturally, leaving tender yellow-green leaves attached. Using vegetable peeler, trim outside of base until no dark green areas remain. Rub cut surfaces with remaining lemon halves.
- ☐ Cut off top half of artichoke. Pull out purple-tipped leaves from center. Using spoon, scoop out fibrous choke.
- ☐ Place artichoke in lemon water. Repeat with remaining artichokes.
- ☐ Drain artichokes and stems.
- ☐ Heat 2 tablespoons oil in heavy large skillet over medium heat.
- ☐ Add artichokes and stem rounds. Cook until artichokes are golden, about 4 minutes per side.
- ☐ Remove from heat.
- ☐ Transfer stem rounds to small bowl.
- ☐ Mix pancetta and parsley in bowl; spoon into artichokes.
- ☐ Drizzle 1 tablespoon oil over artichokes in skillet.
- ☐ Add 2/3 cup water; bring to boil. Cover; cook artichokes over medium-low heat until cooking liquid is reduced by about half, about 25 minutes.
- ☐ Add stem rounds; cook about 2 minutes.
- ☐ Serve artichokes surrounded by stem rounds and cooking liquid.
- ☐ *Pancetta, Italian bacon cured in salt, is available at Italian markets and some specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:3.62, Inflammation Score:-8, Nutrition Score:21.014347814995%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 20.55mg, Naringenin: 20.55mg, Naringenin: 20.55mg, Naringenin: 20.55mg Apigenin: 28.29mg, Apigenin: 28.29mg, Apigenin: 28.29mg, Apigenin: 28.29mg Luteolin: 4.85mg, Luteolin: 4.85mg, Luteolin: 4.85mg, Luteolin: 4.85mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 275.98kcal (13.8%), Fat: 19.4g (29.85%), Saturated Fat: 4.37g (27.28%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 12.3g (4.47%), Sugar: 3.02g (3.35%), Cholesterol: 14.03mg (4.68%), Sodium: 300.5mg (13.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.59%), Vitamin K: 153.3µg (146%), Vitamin C: 57.55mg (69.76%), Fiber: 10.51g (42.03%), Folate: 127.5µg (31.88%), Magnesium: 108.22mg (27.05%), Manganese: 0.45mg (22.26%), Potassium: 757.67mg (21.65%), Copper: 0.42mg (21.03%), Phosphorus: 189.41mg (18.94%), Iron: 3.01mg (16.71%), Vitamin B6: 0.29mg (14.72%), Vitamin E: 2.05mg (13.66%), Vitamin B1: 0.2mg (13.56%), Vitamin B3: 2.7mg (13.51%), Vitamin A: 672.61IU (13.45%), Calcium: 98.02mg (9.8%), Vitamin B2: 0.14mg (8.37%), Vitamin B5: 0.8mg (7.98%), Zinc: 1.16mg (7.74%), Selenium: 4.82µg (6.89%), Vitamin B12: 0.11µg (1.77%)