



Artichokes with Bagna Cauda

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 2 ounce anchovy fillets drained chopped canned tinned
- ☐ 6 large artichokes trimmed
- ☐ 3 tablespoons butter
- ☐ 3 heads garlic skinless separated unpeeled (but cloves left)
- ☐ 0.5 cup olive oil extra-virgin

Equipment

- ☐ bowl
- ☐ pot

- ☐ ramekin
- ☐ kitchen scissors

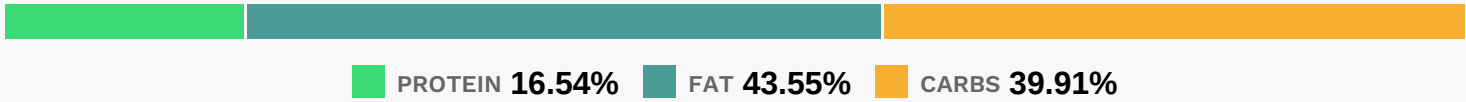
Directions

- ☐ Place unpeeled garlic cloves in small saucepan.
- ☐ Add enough water to cover garlic cloves by 1 inch. Bring to boil; reduce heat to medium-low, cover, and simmer until garlic is tender, about 25 minutes.
- ☐ Drain; transfer to plate. Chill garlic cloves until cool enough to handle, about 10 minutes. Squeeze garlic cloves from peel and place cloves in small bowl. Using fork, mash garlic cloves until smooth.
- ☐ Melt butter in heavy small saucepan over medium heat.
- ☐ Add anchovies and sauté 1 minute.
- ☐ Add mashed garlic and oil. Simmer over low heat 10 minutes to allow flavors to blend, stirring occasionally. Season to taste with salt and pepper. DO AHEAD: Can be made 1 hour ahead.
- ☐ Let stand at room temperature. Rewarm before serving, stirring occasionally (bagna cauda will separate when served).
- ☐ Add artichokes to large pot of boiling salted water. Cover and cook until just tender when pierced through stem with fork, turning occasionally, 30 to 40 minutes, depending on size of artichokes.
- ☐ Drain.
- ☐ Place 1 hot artichoke on each of 6 plates. Divide bagna cauda among small bowls or ramekins.
- ☐ Serve artichokes with warm bagna cauda.
- ☐ To separate garlic cloves quickly, place the head of garlic on a work surface, then push against the top or bottom of the head of garlic with the palm of your hand. Use scissors to cut off the tips of pointed artichoke leaves.
- ☐ Per serving: 270.3 kcal calories,
- ☐ 9 % calories from fat, 22.5 g fat,
- ☐ 0 g saturated fat,
- ☐ 7 mg cholesterol,
- ☐ 6 g carbohydrates,
- ☐ 3 g total sugars,

7 g net carbohydrates,

Bon Appétit

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:3.95, Inflammation Score:-7, Nutrition Score:16.016956453738%

Flavonoids

Naringenin: 20.25mg, Naringenin: 20.25mg, Naringenin: 20.25mg, Naringenin: 20.25mg Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg Luteolin: 3.75mg, Luteolin: 3.75mg, Luteolin: 3.75mg, Luteolin: 3.75mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 198.86kcal (9.94%), Fat: 10.51g (16.17%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 21.66g (7.22%), Net Carbohydrates: 12.62g (4.59%), Sugar: 1.75g (1.94%), Cholesterol: 23.08mg (7.69%), Sodium: 546.55mg (23.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.96%), Fiber: 9.04g (36.17%), Manganese: 0.66mg (32.91%), Vitamin C: 23.32mg (28.27%), Folate: 112.02µg (28%), Magnesium: 107.36mg (26.84%), Vitamin K: 28.01µg (26.68%), Copper: 0.45mg (22.41%), Potassium: 708.66mg (20.25%), Phosphorus: 192.71mg (19.27%), Vitamin B6: 0.38mg (19.05%), Vitamin B3: 3.68mg (18.38%), Iron: 2.77mg (15.39%), Selenium: 8.82µg (12.6%), Calcium: 120.26mg (12.03%), Vitamin B1: 0.15mg (10.16%), Vitamin B2: 0.16mg (9.35%), Vitamin E: 1.31mg (8.76%), Zinc: 1.19mg (7.95%), Vitamin B5: 0.72mg (7.25%), Vitamin A: 201.03IU (4.02%), Vitamin B12: 0.1µg (1.58%), Vitamin D: 0.16µg (1.07%)