



Artichokes with Basil Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



389 kcal

SIDE DISH

Ingredients

- ☐ 60 ounce artichokes trimmed
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup mayonnaise

Equipment

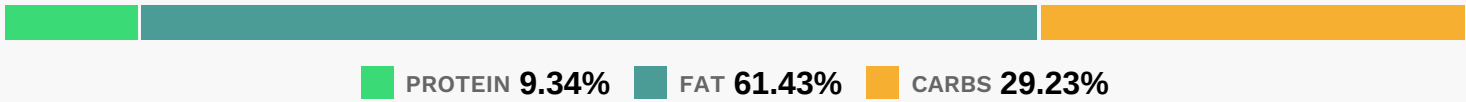
- ☐ bowl
- ☐ knife

☐ pot

Directions

- ☐ Mix first 4 ingredients in medium bowl. Season with salt and pepper.
- ☐ Cook artichokes, covered, in large pot of boiling salted water until tender when pierced with knife, about 45 minutes.
- ☐ Drain well. (Basil mayonnaise and artichokes can be prepared 1 day ahead. Cover separately and refrigerate.)
- ☐ Serve artichokes warm, at room temperature or chilled with basil mayonnaise.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:4.8, Inflammation Score:-8, Nutrition Score:23.979565071023%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 35.47mg, Naringenin: 35.47mg, Naringenin: 35.47mg, Naringenin: 35.47mg Apigenin: 21.21mg, Apigenin: 21.21mg, Apigenin: 21.21mg, Apigenin: 21.21mg Luteolin: 6.52mg, Luteolin: 6.52mg, Luteolin: 6.52mg, Luteolin: 6.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 388.63kcal (19.43%), Fat: 28.37g (43.64%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 15.03g (5.47%), Sugar: 3.09g (3.43%), Cholesterol: 15.68mg (5.23%), Sodium: 503.7mg (21.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.7g (19.4%), Vitamin K: 106.97µg (101.88%), Fiber: 15.34g (61.37%), Folate: 195.84µg (48.96%), Magnesium: 171.39mg (42.85%), Vitamin C: 34.47mg (41.78%), Manganese: 0.75mg (37.43%), Copper: 0.67mg (33.39%), Potassium: 1063.93mg (30.4%), Phosphorus: 264.51mg (26.45%), Iron: 3.75mg (20.83%), Vitamin B6: 0.34mg (17.04%), Vitamin B3: 2.98mg (14.9%), Vitamin B1: 0.21mg (13.99%), Calcium: 130.55mg (13.05%), Vitamin E: 1.78mg (11.84%), Vitamin B2: 0.2mg (11.52%), Vitamin B5: 1.03mg (10.31%), Zinc: 1.46mg (9.74%), Vitamin A: 114.07IU (2.28%), Selenium: 1.5µg (2.15%)