



Artichokes With Browned Garlic And Lemon Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 4 large artichokes
- ☐ 2 teaspoons butter
- ☐ 1 tablespoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 1 Dash ground pepper white
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup water

☐ 1 tablespoon white wine worcestershire sauce

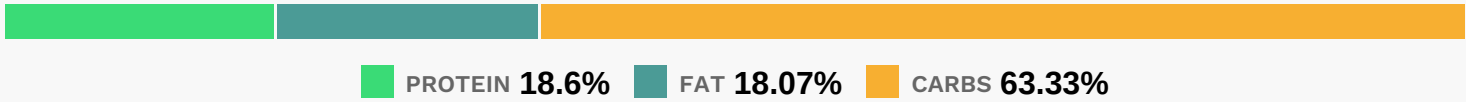
Equipment

- ☐ sauce pan
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Wash artichokes by plunging up and down in cold water.
- ☐ Cut off stem ends; trim about 1/2 inch from top of each artichoke.
- ☐ Cut off artichoke stems; remove bottom leaves.
- ☐ Place artichokes, stem ends down, in an 11- x 7-inch baking dish; add water to depth of 1 inch. Cover with heavy-duty plastic wrap, and vent. Microwave at HIGH 10 minutes or until a leaf near the center of each artichoke pulls out easily.
- ☐ Drain.
- ☐ Remove fuzzy choke from center of each artichoke with a spoon.
- ☐ Melt butter in a small saucepan; stir in garlic. Cook over medium heat, stirring constantly, until garlic is lightly browned.
- ☐ Add lemon juice and remaining 4 ingredients; heat just until hot.
- ☐ Serve as a dipping sauce with whole artichokes.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:2.73, Inflammation Score:-7, Nutrition Score:12.674347785828%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 20.35mg, Naringenin: 20.35mg, Naringenin: 20.35mg, Naringenin: 20.35mg

Naringenin: 20.35mg Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg Luteolin: 3.73mg, Luteolin: 3.73mg, Luteolin: 3.73mg, Luteolin: 3.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 103.18kcal (5.16%), Fat: 2.41g (3.71%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 9.99g (3.63%), Sugar: 2.28g (2.53%), Cholesterol: 0mg (0%), Sodium: 273.31mg (11.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Fiber: 9.01g (36.05%), Folate: 112.33µg (28.08%), Vitamin C: 22.72mg (27.53%), Magnesium: 100.64mg (25.16%), Vitamin K: 24.09µg (22.94%), Manganese: 0.45mg (22.73%), Copper: 0.39mg (19.68%), Potassium: 650.99mg (18.6%), Phosphorus: 155.16mg (15.52%), Iron: 2.41mg (13.41%), Vitamin B6: 0.2mg (10.19%), Vitamin B3: 1.76mg (8.79%), Vitamin B1: 0.13mg (8.69%), Calcium: 81.85mg (8.19%), Vitamin B2: 0.12mg (6.95%), Vitamin B5: 0.58mg (5.75%), Zinc: 0.84mg (5.62%), Vitamin E: 0.41mg (2.76%), Selenium: 1.74µg (2.49%), Vitamin A: 117.02IU (2.34%)