



Artichokes with Garlic-Thyme Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



232 kcal

SIDE DISH

Ingredients

- ☐ 2 large globe artichokes (each 14 oz.)
- ☐ 4 servings pepper black freshly ground
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.5 cup mayonnaise

Equipment

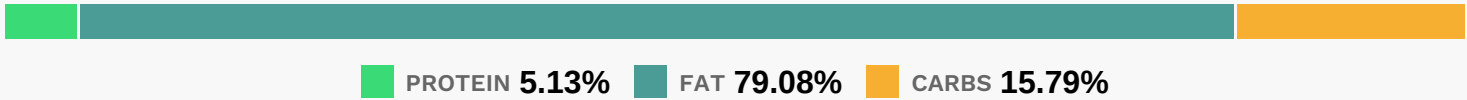
- ☐ food processor

- ☐ paper towels
- ☐ pot
- ☐ peeler
- ☐ zester

Directions

- ☐ Remove 10 to 12 thin curls of zest from whole lemon with a 5-holed zester; cut lemon in half. (Or, use a potato peeler to remove 2 wide strips, then slice them into very thin strips.) Fill a large pot halfway with water and squeeze juice from lemon into pot; toss in squeezed halves.
- ☐ Trim 3/4 in. off each artichoke stem and discard.
- ☐ Remove tough outer layer of remaining stem with a vegetable peeler.
- ☐ Cut 1 in. off tip of each artichoke and pull off cracked or especially thick leaves; discard. Snip spiky tips off remaining leaves.
- ☐ Slice 1 artichoke in half lengthwise through the stem. Use your thumb and a serrated grapefruit spoon to grasp any red-tinged center leaves; pull to remove. Scrape out and discard choke. Slice in half again and place both quarters in pot with lemon-water. Repeat with remaining artichoke half and second artichoke.
- ☐ Cover pot and bring to a boil over high heat.
- ☐ Remove lid and continue boiling until stems are tender and leaves pull off with little resistance, 15 to 20 minutes.
- ☐ Drain on paper towels and let cool.
- ☐ Meanwhile, combine garlic, mayonnaise, thyme, and juice of remaining lemon half in food processor. Process 30 seconds, or until smooth. Season with salt and a pinch of black pepper.
- ☐ Garnish with reserved lemon zest.
- ☐ Serve artichoke quarters with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:8.8247826280801%

Flavonoids

Naringenin: 10.13mg, Naringenin: 10.13mg, Naringenin: 10.13mg, Naringenin: 10.13mg Apigenin: 6.08mg, Apigenin: 6.08mg, Apigenin: 6.08mg, Apigenin: 6.08mg Luteolin: 2.32mg, Luteolin: 2.32mg, Luteolin: 2.32mg, Luteolin: 2.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 231.97kcal (11.6%), Fat: 21.09g (32.45%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 4.91g (1.78%), Sugar: 0.98g (1.09%), Cholesterol: 11.76mg (3.92%), Sodium: 326.98mg (14.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin K: 57.82µg (55.06%), Fiber: 4.57g (18.28%), Folate: 56.99µg (14.25%), Vitamin C: 11.55mg (14%), Manganese: 0.26mg (13.23%), Magnesium: 51.03mg (12.76%), Copper: 0.2mg (10.19%), Potassium: 318.75mg (9.11%), Phosphorus: 82.29mg (8.23%), Iron: 1.31mg (7.26%), Vitamin E: 1.07mg (7.16%), Vitamin B6: 0.12mg (5.93%), Calcium: 45.13mg (4.51%), Vitamin B3: 0.88mg (4.39%), Vitamin B1: 0.06mg (4.31%), Vitamin B2: 0.07mg (3.84%), Vitamin B5: 0.34mg (3.36%), Zinc: 0.48mg (3.17%), Vitamin A: 76.92IU (1.54%), Selenium: 1.02µg (1.46%)