



Artichokes With Lemon Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 4 medium artichokes
- ☐ 1 tablespoon dijon mustard
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 cup mayonnaise-type salad dressing light (such as Miracle Whip)
- ☐ 2 teaspoons salt

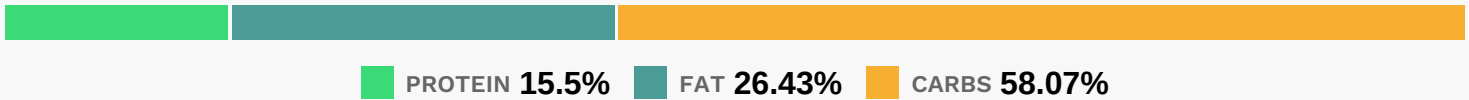
Equipment

- ☐ bowl
- ☐ dutch oven
- ☐ kitchen scissors

Directions

- ☐ Combine first 7 ingredients in a small bowl; stir well. Cover and chill.
- ☐ Wash artichokes by plunging up and down in cold water.
- ☐ Cut off stem ends; trim about 1/2 inch from top of each artichoke.
- ☐ Remove any loose bottom leaves. With scissors, trim one-fourth off top of each outer leaf.
- ☐ Place artichokes in a large Dutch oven; add water to depth of 1 inch. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until tender.
- ☐ Serve artichokes with sauce.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:2.26, Inflammation Score:-6, Nutrition Score:10.859565320222%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 16.21mg, Naringenin: 16.21mg, Naringenin: 16.21mg, Naringenin: 16.21mg Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 103.84kcal (5.19%), Fat: 3.47g (5.33%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 9.9g (3.6%), Sugar: 3.33g (3.7%), Cholesterol: 0mg (0%), Sodium: 1470.62mg (63.94%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.57g (9.15%), Fiber: 7.24g (28.94%), Vitamin C: 22.06mg (26.74%), Vitamin K: 27.46µg (26.15%), Folate: 90.48µg (22.62%), Magnesium: 80.94mg (20.24%), Manganese: 0.39mg (19.69%), Copper: 0.31mg (15.56%), Potassium: 515.99mg (14.74%), Phosphorus: 125.23mg (12.52%), Iron: 1.8mg (10%),

Vitamin B6: 0.19mg (9.37%), Vitamin B1: 0.11mg (7.29%), Vitamin B3: 1.41mg (7.03%), Calcium: 66.17mg (6.62%),
Vitamin B2: 0.09mg (5.38%), Vitamin B5: 0.48mg (4.76%), Zinc: 0.69mg (4.61%), Vitamin E: 0.6mg (4.03%),
Selenium: 2.07µg (2.95%)