



Artichokes with Mint and Lemon

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 baby artichokes
- ☐ 8 ounces baby arugula wild
- ☐ 0.5 optional: lemon
- ☐ 0.3 cup torn mint leaves
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 6 servings wedge of parmigiano-reggiano cheese
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon sea salt

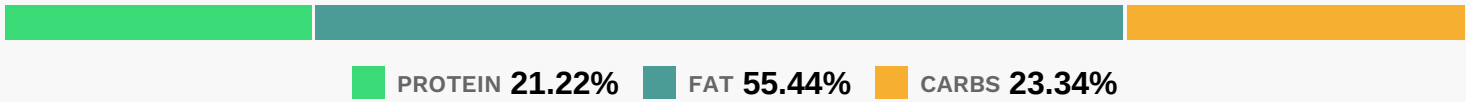
Equipment

- ☐ bowl
- ☐ mandoline
- ☐ peeler

Directions

- ☐ Fill a large bowl halfway with cold water and squeeze in juice from 1/2 lemon. Working with 1 artichoke at a time, break off outer leaves at the base. Continue removing leaves until only innermost tender yellow leaves remain.
- ☐ Cut artichokes crosswise and discard prickly tips. Trim all but 1 in. of stem, then trim outer layer of stem and the base to remove any dark green bits. Put into lemon water.
- ☐ Mix remaining 3 tbsp. lemon juice, the oil, salt, and pepper in a bowl. Working with 1 artichoke at a time, blot dry, then shave lengthwise with a mandoline or a vegetable peeler into the oil mixture.
- ☐ Add arugula and mint to artichokes; toss to coat. Divide salad among plates, then shave cheese over each.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:14.165652047033%

Flavonoids

Eriodictyol: 2.5mg, Eriodictyol: 2.5mg, Eriodictyol: 2.5mg, Eriodictyol: 2.5mg Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 13.19mg, Kaempferol: 13.19mg, Kaempferol: 13.19mg, Kaempferol: 13.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 297.5kcal (14.87%), Fat: 19.71g (30.33%), Saturated Fat: 6.57g (41.09%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 10g (3.64%), Sugar: 3.79g (4.21%), Cholesterol: 20.4mg (6.8%), Sodium: 862.69mg (37.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.96%), Vitamin A: 2478.45IU (49.57%), Calcium: 472.76mg (47.28%), Vitamin K: 48.87µg (46.54%), Fiber: 8.68g (34.71%), Phosphorus: 230.8mg (23.08%), Iron: 3.29mg (18.27%), Vitamin C: 13.87mg (16.81%), Vitamin E: 1.92mg (12.82%), Folate: 41.91µg (10.48%), Selenium: 6.9µg (9.86%), Magnesium: 33.33mg (8.33%), Vitamin B2: 0.14mg (8.18%), Manganese: 0.16mg (8.16%), Zinc: 1.03mg (6.87%), Vitamin B12: 0.36µg (6%), Potassium: 191.43mg (5.47%), Vitamin B5: 0.33mg (3.26%), Vitamin B6: 0.06mg (3.24%), Copper: 0.05mg (2.45%), Vitamin B1: 0.03mg (2.24%), Vitamin B3: 0.24mg (1.19%)