



Artichokes with Parmesan butter sauce

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



507 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 lemons juiced halved
- ☐ 4 globe artichokes
- ☐ 200 g butter chilled
- ☐ 1 glass cooking wine dry white (100ml)
- ☐ 25 g parmesan (or vegetarian alternative)

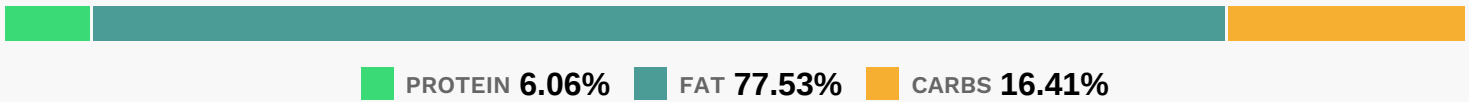
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Bring a large pan of salted water to the boil with the lemon halves.
- ☐ Cut the stalk off the artichokes. Drop them into the water and boil for 40–45 mins.
- ☐ Dice the butter.
- ☐ Pour the wine into a pan, reduce by half, reduce heat and whisk in the butter one small piece at a time.
- ☐ Whisk in the Parmesan and lemon juice.
- ☐ To eat, pull off the leaves, dip the broken end into the sauce, eat this and discard the rest. When you reach the middle, lift out the central leaves, scrape away the hairy choke and eat the artichoke heart.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:3.29, Inflammation Score:-9, Nutrition Score:15.094347889657%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.3mg, Hesperetin: 15.3mg, Hesperetin: 15.3mg, Hesperetin: 15.3mg Naringenin: 16.52mg, Naringenin: 16.52mg, Naringenin: 16.52mg, Naringenin: 16.52mg Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg Luteolin: 3.97mg, Luteolin: 3.97mg, Luteolin: 3.97mg, Luteolin: 3.97mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 507.2kcal (25.36%), Fat: 42.52g (65.41%), Saturated Fat: 26.79g (167.45%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 11.83g (4.3%), Sugar: 3.26g (3.63%), Cholesterol: 111.75mg (37.25%), Sodium: 545.97mg (23.74%), Alcohol: 6.08g (100%), Alcohol %: 2.59% (100%), Protein: 7.48g (14.96%), Vitamin C: 43.6mg (52.84%), Fiber: 8.42g (33.7%), Vitamin A: 1326.83IU (26.54%), Folate: 95.51µg (23.88%), Magnesium: 90.77mg (22.69%), Vitamin K: 22.79µg (21.7%), Manganese: 0.41mg (20.71%), Phosphorus: 189.84mg (18.98%), Potassium: 607.76mg (17.36%), Calcium: 161.67mg (16.17%), Copper: 0.32mg (16%), Iron: 2.18mg (12.13%), Vitamin B6: 0.23mg (11.42%), Vitamin E: 1.5mg (9.99%), Vitamin B2: 0.14mg (8.35%), Vitamin B1: 0.12mg (8.11%), Vitamin B3: 1.49mg (7.47%),

Vitamin B5: 0.65mg (6.45%), Zinc: 0.95mg (6.32%), Selenium: 2.44µg (3.48%), Vitamin B12: 0.16µg (2.67%)