



Artichokes with Pesto-Cannellini Spread

 Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 medium artichokes
- ☐ 1 tablespoon balsamic vinegar
- ☐ 16 ounce .5 can cannellini beans white drained canned
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons italian-seasoned breadcrumbs
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 ounce parmesan cheese finely grated
- ☐ 1 tablespoon commercial pesto sauce

☐ 2 tablespoons water

Equipment

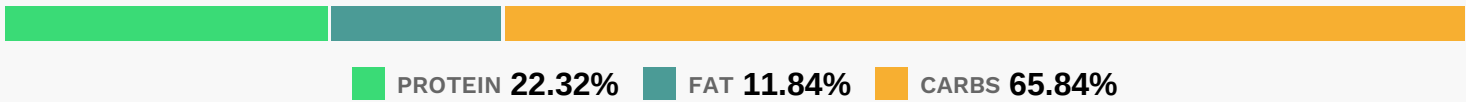
☐ bowl

☐ dutch oven

Directions

- ☐ Cut off stems of artichokes; remove bottom leaves. Trim about 1/2 inch from top of each artichoke.
- ☐ Place artichokes, stem ends down, in a large Dutch oven filled two-thirds with water.
- ☐ Add juice to water; bring to a boil. Cover, reduce heat, and simmer 40 minutes or until a leaf near the center of artichoke pulls out easily.
- ☐ Place artichokes, stem sides up, on a rack to drain.
- ☐ Remove bottom leaves and tough outer leaves from artichokes; remove fuzzy thistle from bottoms with a spoon.
- ☐ Mash beans in a medium bowl; stir in parsley and remaining ingredients. Spoon bean spread into centers of artichokes.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:10.28, Inflammation Score:-9, Nutrition Score:26.802174128916%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 16.14mg, Naringenin: 16.14mg, Naringenin: 16.14mg, Naringenin: 16.14mg Apigenin: 20.35mg, Apigenin: 20.35mg, Apigenin: 20.35mg, Apigenin: 20.35mg Luteolin: 3mg, Luteolin: 3mg, Luteolin: 3mg, Luteolin: 3mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 305.99kcal (15.3%), Fat: 4.23g (6.51%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 52.97g (17.66%), Net Carbohydrates: 38.2g (13.89%), Sugar: 3.34g (3.71%), Cholesterol: 4.58mg (1.53%), Sodium: 351.01mg (15.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.95g (35.91%), Vitamin K: 108.48µg (103.31%), Manganese: 1.19mg (59.61%), Fiber: 14.77g (59.08%), Folate: 203.14µg (50.78%), Magnesium: 162.47mg (40.62%), Iron: 6.89mg (38.3%), Potassium: 1228.1mg (35.09%), Copper: 0.68mg (33.83%), Vitamin C: 25.68mg (31.12%), Phosphorus: 299.26mg (29.93%), Calcium: 237.89mg (23.79%), Vitamin B1: 0.31mg (20.62%), Zinc: 2.68mg (17.9%), Vitamin B6: 0.29mg (14.31%), Vitamin A: 592.98IU (11.86%), Vitamin B2: 0.19mg (11.22%), Vitamin E: 1.53mg (10.21%), Vitamin B3: 2mg (9.99%), Selenium: 5.99µg (8.56%), Vitamin B5: 0.8mg (8.02%), Vitamin B12: 0.09µg (1.45%)