



Artichokes with Roasted Garlic-Wine Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pounds artichokes
- ☐ 1 tablespoon butter
- ☐ 0.5 cup wine dry white
- ☐ 2 garlic clove whole
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup vegetable stock organic (such as Swanson Certified)

Equipment

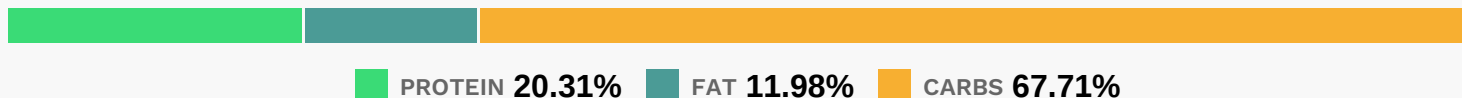
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 400
- ☐ Remove white papery skin from garlic heads (do not peel or separate the cloves). Wrap each head separately in foil.
- ☐ Bake at 400 for 45 minutes; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Cut off stems of artichokes, and remove bottom leaves. Trim about 1/2 inch from tops of artichokes.
- ☐ Place artichokes, stem ends down, in a large Dutch oven filled two-thirds with water; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until a leaf near the center of each artichoke pulls out easily.
- ☐ Remove artichokes from pan.
- ☐ Combine half of garlic pulp and wine in a small saucepan; bring to a boil. Cook 2 minutes.
- ☐ Add broth; cook until reduced to 1/2 cup (about 8 minutes).
- ☐ Remove from heat; stir in butter and salt.
- ☐ Pour mixture into a blender; add remaining half of garlic pulp.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Sprinkle dip with parsley, if desired.
- ☐ Serve dip with warm artichokes.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:7.09, Inflammation Score:-9, Nutrition Score:29.287826200218%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 49.73mg, Naringenin: 49.73mg, Naringenin: 49.73mg, Naringenin: 49.73mg Apigenin: 29.69mg, Apigenin: 29.69mg, Apigenin: 29.69mg, Apigenin: 29.69mg Luteolin: 9.13mg, Luteolin: 9.13mg, Luteolin: 9.13mg, Luteolin: 9.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 241.41kcal (12.07%), Fat: 3.44g (5.29%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 43.74g (14.58%), Net Carbohydrates: 22.28g (8.1%), Sugar: 4.73g (5.26%), Cholesterol: 7.53mg (2.51%), Sodium: 777.68mg (33.81%), Alcohol: 3.09g (100%), Alcohol %: 0.8% (100%), Protein: 13.12g (26.25%), Fiber: 21.46g (85.85%), Folate: 270.34µg (67.58%), Magnesium: 241.58mg (60.4%), Vitamin C: 46.9mg (56.85%), Vitamin K: 59.13µg (56.31%), Manganese: 1.08mg (53.83%), Copper: 0.92mg (46.13%), Potassium: 1496.69mg (42.76%), Phosphorus: 365.74mg (36.57%), Iron: 5.19mg (28.83%), Vitamin B6: 0.49mg (24.71%), Vitamin B3: 4.2mg (20.98%), Vitamin B1: 0.29mg (19.36%), Calcium: 180.98mg (18.1%), Vitamin B2: 0.27mg (15.84%), Vitamin B5: 1.37mg (13.68%), Zinc: 2mg (13.34%), Vitamin E: 0.84mg (5.58%), Vitamin A: 264.33IU (5.29%), Selenium: 1.07µg (1.53%)