



HEALTH SCORE

57%

Artichokes with Romano, Cracked Pepper and Olive



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 40 ounces artichokes
- ☐ 2 optional: lemon halved
- ☐ 0.8 cup olive oil extra virgin extra-virgin
- ☐ 0.8 cup pecorino cheese grated
- ☐ 1.5 teaspoons pepper black
- ☐ 0.8 teaspoon salt

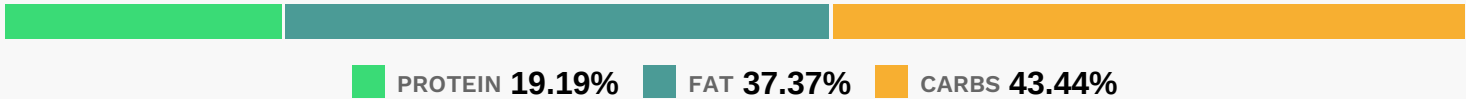
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ ramekin
- ☐ kitchen scissors

Directions

- ☐ Squeeze juice from lemon halves into large bowl of cold water; add squeezed lemons.
- ☐ Cut off stem and top 3/4 inch of 1 artichoke and discard. Using scissors, trim sharp tips from leaves.
- ☐ Place artichoke in lemon water until ready to cook. Repeat with remaining artichokes.
- ☐ Drain artichokes and cook in large pot of boiling salted water until base of each is tender when pierced with knife and leaves pull away easily, about 25 minutes.
- ☐ Drain artichokes well. (Can be prepared 8 hours ahead. Cover and refrigerate. Steam artichokes 10 minutes to rewarm before continuing.)
- ☐ Mix extra-virgin olive oil, grated pecorino Romano cheese, 1 1/2 teaspoons black pepper and 3/4 teaspoon salt in small bowl to blend. Gently press artichoke leaves outward from center to open artichokes slightly. Pull out small purple-tipped leaves, then scoop out fibrous choke.
- ☐ Place 1 artichoke on each of 4 plates.
- ☐ Sprinkle artichoke cavities with salt and pepper.
- ☐ Drizzle 1 tablespoon cheese dressing over each artichoke. Divide remaining cheese dressing equally among 4 small ramekins; serve dressing with artichokes.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:5.81, Inflammation Score:-9, Nutrition Score:26.404782652855%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 35.73mg, Naringenin: 35.73mg, Naringenin: 35.73mg

35.73mg, Naringenin: 35.73mg Apigenin: 21.24mg, Apigenin: 21.24mg, Apigenin: 21.24mg, Apigenin: 21.24mg
Luteolin: 7.59mg, Luteolin: 7.59mg, Luteolin: 7.59mg, Luteolin: 7.59mg Kaempferol: 0.02mg, Kaempferol: 0.02mg,
Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin:
0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 294.95kcal (14.75%), Fat: 13.76g (21.17%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 35.99g (12%), Net
Carbohydrates: 18.98g (6.9%), Sugar: 4.3g (4.78%), Cholesterol: 19.5mg (6.5%), Sodium: 928.91mg (40.39%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.81%), Vitamin C: 61.79mg (74.9%), Fiber: 17.01g
(68.04%), Folate: 200.16µg (50.04%), Vitamin K: 48.47µg (46.17%), Magnesium: 183.4mg (45.85%), Manganese:
0.84mg (42.12%), Phosphorus: 407.47mg (40.75%), Copper: 0.69mg (34.54%), Calcium: 341.95mg (34.2%),
Potassium: 1149.72mg (32.85%), Iron: 4.22mg (23.44%), Vitamin B6: 0.39mg (19.51%), Vitamin B2: 0.27mg (15.8%),
Vitamin B1: 0.23mg (15.56%), Vitamin B3: 3.04mg (15.21%), Zinc: 1.92mg (12.77%), Vitamin E: 1.84mg (12.25%),
Vitamin B5: 1.15mg (11.51%), Selenium: 3.54µg (5.06%), Vitamin B12: 0.21µg (3.5%), Vitamin A: 130.65IU (2.61%)