



Artichokes with Rosemary Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 4 medium artichokes
- ☐ 0.5 cup butter
- ☐ 1 teaspoon rosemary dried fresh crushed chopped
- ☐ 1 teaspoon juice of lemon

Equipment

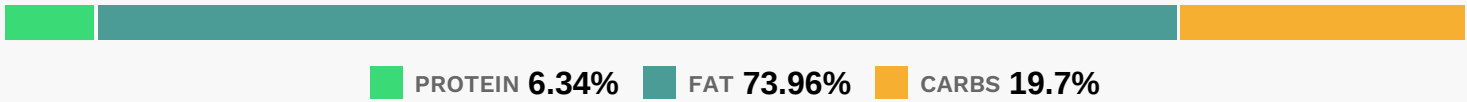
- ☐ knife
- ☐ dutch oven
- ☐ kitchen scissors

☐ steamer basket

Directions

- ☐ Remove any discolored leaves and the small leaves at base of artichokes. Trim stems even with base of artichokes.
- ☐ Cutting straight across, slice 1 inch off tops and discard tops. Snip off points of remaining leaves with scissors. Rinse artichokes with cold water.
- ☐ Place steamer basket in 1/2 inch water in 4-quart Dutch oven (water should not touch bottom of basket).
- ☐ Place artichokes in basket. Cover tightly and heat to boiling; reduce heat. Steam 20 to 25 minutes or until bottoms are tender when pierced with knife.
- ☐ Meanwhile, melt butter; stir in rosemary and lemon juice. Pluck out artichoke leaves one at a time. Dip base of leaf into rosemary mixture.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:2.1, Inflammation Score:-8, Nutrition Score:10.563913048609%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 16.02mg, Naringenin: 16.02mg, Naringenin: 16.02mg, Naringenin: 16.02mg Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg

Nutrients (% of daily need)

Calories: 264.53kcal (13.23%), Fat: 23.04g (35.45%), Saturated Fat: 4.79g (29.92%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 6.88g (2.5%), Sugar: 1.3g (1.44%), Cholesterol: 0mg (0%), Sodium: 387.92mg (16.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.89%), Fiber: 6.93g (27.71%), Folate: 87.65µg (21.91%), Vitamin A: 1032.47IU (20.65%), Magnesium: 77.78mg (19.45%), Vitamin C: 15.53mg (18.83%), Vitamin K: 18.94µg (18.04%), Manganese: 0.33mg (16.41%), Copper: 0.3mg (14.8%), Potassium: 487.04mg (13.92%), Phosphorus: 121.84mg (12.18%), Iron: 1.65mg (9.15%), Vitamin B6: 0.15mg (7.6%), Vitamin E: 1.12mg (7.5%), Vitamin B3: 1.35mg (6.73%), Calcium: 65.23mg (6.52%), Vitamin B1: 0.1mg (6.36%), Vitamin B2: 0.1mg (5.6%), Vitamin B5: 0.46mg (4.58%), Zinc: 0.63mg (4.19%)