



Baked Artichokes with Gorgonzola and Herbs

 Vegetarian

READY IN



105 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 artichokes
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons bread crumbs
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 2 teaspoons parsley leaves fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 10 ounces mild gorgonzola cheese room temperature

- ☐ 3 lemons
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

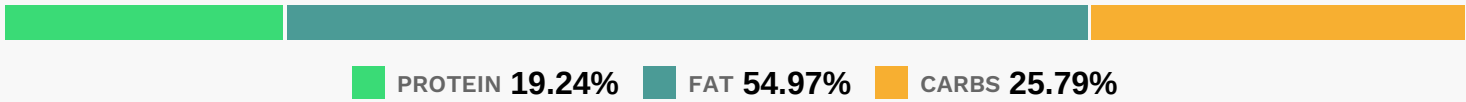
Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil over high heat. Trim the artichokes by cutting off the top 1-inch or so.
- ☐ Cut the stem close to the base of the artichoke so the artichoke can sit up straight, and remove some of the bottom leaves. Using kitchen shears, trim the sharp points off of any remaining outer leaves.
- ☐ Add the artichokes to the boiling water. Halve the lemons and squeeze the juice into the boiling water. Toss in the lemons. Cook the artichokes until tender, about 30 minutes.
- ☐ Drain the artichokes and let cool.
- ☐ Meanwhile, in a small bowl stir together the Gorgonzola, cream, thyme, 2 teaspoons parsley, garlic, salt, and pepper. In another small bowl stir together the bread crumbs and remaining 1 tablespoon of parsley.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Remove the center choke of the artichokes using a small spoon. Stuff the cheese mixture into the center of the artichokes.
- ☐ Place the artichokes into a baking dish.
- ☐ Sprinkle the bread crumb mixture over the top of the artichokes.
- ☐ Drizzle the tops of the artichokes with olive oil.
- ☐ Bake until the artichokes are heated through, the cheese is melted, and the bread crumbs are crisp and golden, about 25 minutes.

☐

Transfer the artichokes to a serving dish and serve.

Nutrition Facts



Properties

Glycemic Index:55.88, Glycemic Load:4.04, Inflammation Score:-9, Nutrition Score:23.210434882537%

Flavonoids

Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg Naringenin: 16.45mg, Naringenin: 16.45mg, Naringenin: 16.45mg, Naringenin: 16.45mg Apigenin: 9.71mg, Apigenin: 9.71mg, Apigenin: 9.71mg, Apigenin: 9.71mg Luteolin: 4.94mg, Luteolin: 4.94mg, Luteolin: 4.94mg, Luteolin: 4.94mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 422.67kcal (21.13%), Fat: 27.41g (42.17%), Saturated Fat: 15.64g (97.74%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 19.19g (6.98%), Sugar: 4.34g (4.82%), Cholesterol: 61.63mg (20.54%), Sodium: 1188.07mg (51.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.18%), Vitamin C: 59.85mg (72.55%), Calcium: 477.01mg (47.7%), Phosphorus: 421.8mg (42.18%), Fiber: 9.74g (38.95%), Folate: 130.38µg (32.6%), Magnesium: 105.58mg (26.39%), Vitamin B2: 0.42mg (24.81%), Manganese: 0.49mg (24.48%), Vitamin K: 24.73µg (23.55%), Potassium: 801.41mg (22.9%), Copper: 0.39mg (19.26%), Vitamin B5: 1.88mg (18.85%), Selenium: 13.09µg (18.7%), Zinc: 2.72mg (18.12%), Vitamin B6: 0.36mg (17.81%), Iron: 2.95mg (16.39%), Vitamin B12: 0.9µg (15.05%), Vitamin A: 738.63IU (14.77%), Vitamin B1: 0.22mg (14.76%), Vitamin B3: 2.67mg (13.36%), Vitamin E: 1.12mg (7.5%), Vitamin D: 0.47µg (3.16%)