



Basic Steamed Artichokes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



60 kcal

SIDE DISH

Ingredients

- 2 medium artichokes
- 2 servings salt

Equipment

- frying pan
- sauce pan
- knife
- serrated knife
- steamer basket

Directions

- Fill a medium saucepan with an inch of water and season it with a few pinches of salt. Insert a steamer basket; if the water comes up through the holes of the basket, pour a little out. Cover the pan and bring the water to a boil over high heat, then reduce the heat to low and let the water simmer. Meanwhile, trim the artichokes. Pull off any damaged or brown leaves and discard. Using a serrated knife, trim the stems, leaving about half an inch, then cut off the pointy top third. (The artichokes should fit, stem-end up, in the steamer basket with the lid on the pan.)
- Place the artichokes stem-end up in the steamer basket, cover, and steam for 20 minutes. Check for doneness by pulling off an outer leaf from each and poking the base of the stems with a sharp knife—if the leaves come off easily and the knife slips easily into the base, the artichokes are ready. If they're not, steam for another 10 to 15 minutes as needed.
- Serve with the dipping sauce of your choice. For instructions on how to eat an artichoke, see our illustrated guide.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:2.09, Inflammation Score:-5, Nutrition Score:9.2108695753243%

Flavonoids

Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg 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: 60.16kcal (3.01%), Fat: 0.19g (0.3%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 6.54g (2.38%), Sugar: 1.27g (1.41%), Cholesterol: 0mg (0%), Sodium: 314.11mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.37%), Fiber: 6.91g (27.65%), Folate: 87.04µg (21.76%), Magnesium: 76.81mg (19.2%), Vitamin C: 14.98mg (18.15%), Vitamin K: 18.94µg (18.04%), Manganese: 0.33mg (16.41%), Copper: 0.3mg (14.79%), Potassium: 473.64mg (13.53%), Phosphorus: 115.2mg (11.52%), Iron: 1.64mg (9.11%), Vitamin B6: 0.15mg (7.42%), Vitamin B3: 1.34mg (6.69%), Vitamin B1: 0.09mg (6.14%), Calcium: 56.44mg (5.64%), Vitamin B2: 0.08mg (4.97%), Vitamin B5: 0.43mg (4.33%), Zinc: 0.63mg (4.18%), Vitamin E: 0.24mg (1.62%)