



Braised Artichokes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 artichokes trimmed halved lengthwise
- ☐ 1.3 cups wine dry white
- ☐ 4 garlic clove thinly sliced
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 3 sprigs mint leaves fresh whole
- ☐ 4 tablespoons olive oil extra virgin extra-virgin

Equipment

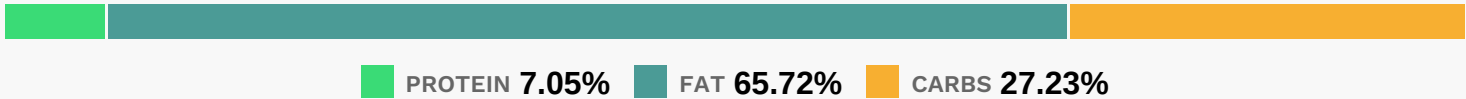
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Heat the olive oil in a heavy saucepan over medium heat.
- ☐ Add the garlic and sauté, stirring, for about 30 seconds.
- ☐ Add the artichokes and toss until they're coated with oil.
- ☐ Add the wine, mint or thyme, salt, and pepper. Bring to a boil.
- ☐ Cover, reduce heat to medium-low, and simmer for 20 minutes.
- ☐ Discard the thyme (if using).
- ☐ Transfer the artichokes to a plate, drizzle them with pan juices, and serve.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:9.1604347695475%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 12.28mg, Naringenin: 12.28mg, Naringenin: 12.28mg, Naringenin: 12.28mg Apigenin: 7.23mg, Apigenin: 7.23mg, Apigenin: 7.23mg, Apigenin: 7.23mg Luteolin: 2.32mg, Luteolin: 2.32mg, Luteolin: 2.32mg, Luteolin: 2.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 235.63kcal (11.78%), Fat: 14.17g (21.8%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 7.88g (2.86%), Sugar: 1.7g (1.89%), Cholesterol: 0mg (0%), Sodium: 95.03mg (4.13%), Alcohol: 7.72g (100%), Alcohol %: 5.18% (100%), Protein: 3.42g (6.84%), Vitamin K: 23.15µg (22.05%), Fiber: 5.33g (21.33%), Manganese: 0.41mg (20.26%), Folate: 66.99µg (16.75%), Magnesium: 66.62mg (16.66%), Vitamin C: 12.41mg (15.04%), Vitamin E: 2.2mg (14.68%), Potassium: 426.22mg (12.18%), Copper: 0.24mg (11.88%), Phosphorus: 105.2mg (10.52%), Vitamin B6: 0.19mg (9.37%), Iron: 1.61mg (8.94%), Calcium: 56.83mg (5.68%), Vitamin B3: 1.12mg (5.6%), Vitamin B1: 0.08mg (5.31%), Vitamin B2: 0.08mg (4.71%), Zinc: 0.6mg (4.03%), Vitamin B5: 0.38mg (3.8%)