



Braised Baby Artichokes

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 fillet anchovy (optional, but highly recommended!)
- 24 baby artichokes
- 1 cup cooking wine dry white
- 0.5 cup parsley fresh chopped
- 6 cloves garlic smashed finely chopped
- 6 servings kosher salt
- 3 lemons
- 6 servings olive oil extra-virgin

- 6 servings parmigiano-reggiano cheese for shaving
- 1 pinch pepper flakes red
- 1 bunch thyme leaves with kitchen twine

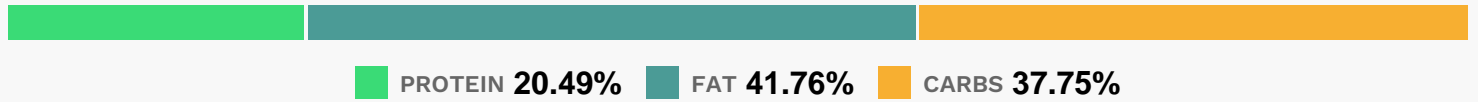
Equipment

- bowl
- frying pan
- knife
- peeler
- serrated knife

Directions

- Fill a large bowl with water. Halve 1 lemon, squeeze the juice into the water and drop both halves into the bowl.
- Cut off the top quarter of the artichokes with a serrated knife. Peel the tough dark green skin from the stems using a paring knife and remove the tough outer leaves until the tender inner green leaves are revealed; it should be only a couple of layers.
- Cut the artichokes in half lengthwise and toss into the lemon water.
- Zest and juice the remaining 2 lemons and reserve. Coat a large straight-sided skillet generously with olive oil and add the garlic, anchovies and red pepper flakes. Cook over medium heat, stirring, until the garlic is very aromatic and the anchovies have dissolved, 2 to 3 minutes.
- Remove the artichokes from the water and add them to the pan along with the reserved lemon zest and juice, the white wine and thyme. Season with salt and add just enough water to cover the artichokes. Bring to a boil, then reduce to a simmer. Cover the pan and cook until the artichokes are very soft, 10 to 15 minutes.
- Remove the lid and let the liquid reduce until it comes less than halfway up the sides of the arties, about 10 minutes.
- Remove the thyme and toss in the parsley. Swirl and stir to combine. Taste for seasoning and adjust if you need to (you probably will).
- Put the artichokes on a rimmed serving platter or in a bowl. Use a vegetable peeler to shave the parmigiano on top.

Nutrition Facts



Properties

Glycemic Index:29.08, Glycemic Load:1.67, Inflammation Score:-10, Nutrition Score:21.659130552541%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.23mg, Hesperetin: 15.23mg, Hesperetin: 15.23mg, Hesperetin: 15.23mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 451.07kcal (22.55%), Fat: 22.08g (33.96%), Saturated Fat: 6.91g (43.22%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 24.7g (8.98%), Sugar: 8.17g (9.08%), Cholesterol: 21.6mg (7.2%), Sodium: 1108.47mg (48.19%), Alcohol: 4.12g (100%), Alcohol %: 1.07% (100%), Protein: 24.37g (48.75%), Vitamin K: 91.17µg (86.83%), Fiber: 20.2g (80.8%), Vitamin A: 3741.46IU (74.83%), Vitamin C: 44.07mg (53.42%), Calcium: 510.13mg (51.01%), Iron: 6.74mg (37.46%), Phosphorus: 235.77mg (23.58%), Vitamin E: 2.22mg (14.8%), Selenium: 8.17µg (11.67%), Vitamin B2: 0.13mg (7.82%), Manganese: 0.14mg (7.04%), Zinc: 1.04mg (6.94%), Vitamin B6: 0.14mg (6.89%), Magnesium: 26.69mg (6.67%), Vitamin B12: 0.37µg (6.21%), Potassium: 182.48mg (5.21%), Folate: 16.61µg (4.15%), Vitamin B1: 0.05mg (3.14%), Vitamin B5: 0.31mg (3.1%), Vitamin B3: 0.56mg (2.8%), Copper: 0.06mg (2.79%)