



Braised Baby Artichokes

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

SIDE DISH

Ingredients

- 1.5 pounds baby artichokes
- 1 teaspoon pepper black freshly ground
- 1 teaspoon marjoram dried
- 1 cup less-sodium chicken broth fat-free
- 2 garlic cloves peeled
- 2 tablespoons juice of lemon fresh divided
- 0.3 cup olive oil extra-virgin
- 0.5 teaspoon salt

- 1 large vidalia sweet peeled quartered
- 6 cups water

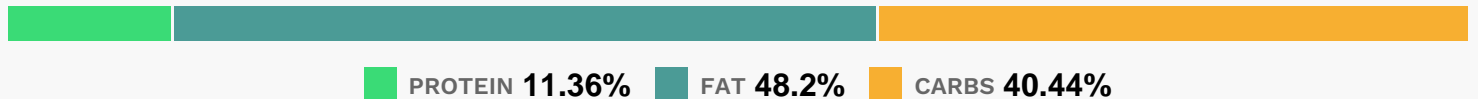
Equipment

- bowl
- frying pan
- slotted spoon
- dutch oven

Directions

- Combine 6 cups water and 1 tablespoon juice in a large bowl. Working with 1 artichoke at a time, cut off stem of artichoke to within 1 inch of base; peel stem.
- Remove bottom leaves and tough outer leaves from artichoke, leaving tender heart and bottom. Trim about 1 inch from top of artichoke.
- Place artichoke in lemon water. Repeat procedure with remaining artichokes.
- Drain and set aside.
- Place onion in center of a Dutch oven. Arrange artichokes in a single layer around onion.
- Add broth and remaining ingredients to pan; bring to a boil. Cover, reduce heat, and simmer 18 minutes or just until onion is tender (artichokes will be very tender). Stir in remaining 1 tablespoon juice.
- Remove artichokes and onion from pan with a slotted spoon; set aside, and keep warm. Bring broth mixture to a boil; cook 4 minutes or until slightly thickened.
- Pour sauce over artichoke mixture.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:8.0513043610946%

Flavonoids

