



Braised Baby Artichokes

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fillet anchovy
- ☐ 24 baby artichokes
- ☐ 2 cups cooking wine dry white
- ☐ 5 garlic cloves smashed
- ☐ 6 servings kosher salt
- ☐ 2 lemons
- ☐ 6 servings olive oil extra-virgin
- ☐ 6 servings parmigiano-reggiano shavings for garnish

- ☐ 1 bunch parsley italian leaves picked finely chopped
- ☐ 1 pinch pepper flakes red crushed
- ☐ 1 bundle thyme
- ☐ 6 servings water

Equipment

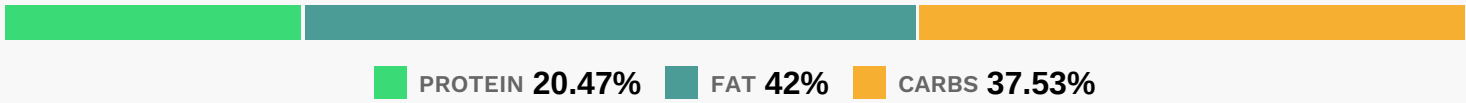
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Fill a large bowl with water.
- ☐ Cut 2 lemons in half and squeeze both lemon halves into the water, then drop in the halves.
- ☐ Trim the tough dark green skin from the stem of the artichoke if there is a stem, and remove the tough outer leaves until lovely gentle spring green is revealed, it should only be a couple of layers.
- ☐ Cut the artichokes in half lengthwise and toss into the lemon (acidulated) water. Artichokes will turn brown before your eyes, so it is important to have the acidulated water set up before 1 leaf is removed from the artichoke.
- ☐ Coat a large straight-sided saute pan over medium heat, generously with olive oil and add the smashed garlic cloves and crushed red pepper. When the garlic cloves are golden brown and aromatic, remove them. They have fulfilled their garlic destiny.
- ☐ Add the anchovy fillets and let them melt into a saucy consistency before adding the prepared artichokes to the pan along with the lemon halves.
- ☐ Pour in the white wine, add the thyme bundle and season with salt, to taste. Bring to a boil and add enough water to cover the artichokes (shouldn't be much water). Cover the pan and simmer until the artichokes are very soft, about 10 to 15 minutes.
- ☐ Remove the lid and let the liquid reduce until it is less than halfway up the sides of the artichokes.
- ☐ Remove the thyme bundle. Taste to check for seasoning and readjust, if necessary, (you probably will). Finish by tossing in the chopped parsley.

- ☐ Transfer the artichokes to a serving bowl and serve topped with Parmigiano-Reggiano shavings.
- ☐ Yay! What a side dish!

Nutrition Facts



Properties

Glycemic Index:29.08, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:22.594782756722%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.36mg, Hesperetin: 10.36mg, Hesperetin: 10.36mg, Hesperetin: 10.36mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 478.15kcal (23.91%), Fat: 22.01g (33.87%), Saturated Fat: 6.9g (43.14%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 24.5g (8.91%), Sugar: 8.13g (9.04%), Cholesterol: 21.2mg (7.07%), Sodium: 1123.64mg (48.85%), Alcohol: 8.24g (100%), Alcohol %: 1.39% (100%), Protein: 24.14g (48.28%), Vitamin K: 165.12µg (157.26%), Vitamin A: 4092.45IU (81.85%), Fiber: 19.76g (79.05%), Calcium: 518.44mg (51.84%), Vitamin C: 39.56mg (47.95%), Iron: 6.9mg (38.36%), Phosphorus: 240.24mg (24.02%), Vitamin E: 2.22mg (14.82%), Selenium: 7.83µg (11.18%), Manganese: 0.17mg (8.6%), Magnesium: 32.66mg (8.17%), Vitamin B2: 0.14mg (7.95%), Zinc: 1.12mg (7.49%), Vitamin B6: 0.14mg (6.92%), Vitamin B12: 0.37µg (6.14%), Potassium: 203.36mg (5.81%), Folate: 21.57µg (5.39%), Copper: 0.09mg (4.48%), Vitamin B5: 0.3mg (3.03%), Vitamin B1: 0.04mg (2.94%), Vitamin B3: 0.54mg (2.69%)