



## Braised Baby Artichokes and New Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

### Ingredients

- 1.5 pounds baby artichokes
- 0.3 teaspoon pepper black freshly ground
- 1 cup carrots chopped
- 3 tablespoons olive oil extravirgin
- 2 tablespoons optional: dill fresh chopped
- 2 tablespoons mint leaves fresh chopped
- 1.5 cups peas fresh green
- 3 tablespoons juice of lemon fresh divided

- 2 cups thinly onion vertically sliced
- 1 pound potatoes red quartered
- 1 teaspoon salt
- 4 cups water divided

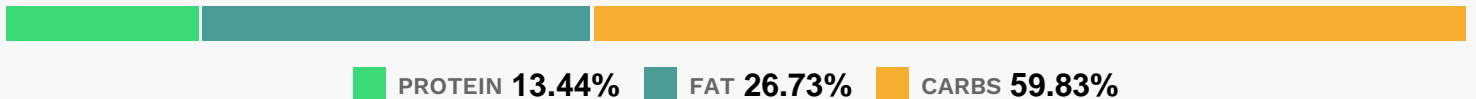
## Equipment

- bowl
- frying pan

## Directions

- Combine 2 cups water and 1 tablespoon juice in a large bowl.
- Cut off stem of each artichoke to within 1 inch of base; peel stem.
- Remove bottom leaves and tough outer leaves, leaving tender heart and bottom.
- Cut each artichoke in half lengthwise; place in water mixture, tossing to coat.
- Heat oil in a large nonstick skillet over medium heat.
- Add onion; cook 5 minutes or until tender, stirring frequently.
- Add remaining 2 cups water, peas, and carrot; bring to a boil.
- Drain artichokes; add artichokes and potatoes to the pan. Cover, reduce heat, and simmer 45 minutes or until artichokes are tender. Uncover; cook 3 minutes. Stir in dill, mint, salt, and pepper.
- Remove from heat; stir in remaining 2 tablespoons juice.

## Nutrition Facts



## Properties

Glycemic Index:27.53, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:16.202608849691%

## Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin:

0.1mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.73mg, Isorhamnetin: 2.73mg, Isorhamnetin: 2.73mg, Isorhamnetin: 2.73mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg

## **Nutrients (% of daily need)**

Calories: 227.9kcal (11.4%), Fat: 7.39g (11.37%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 26.07g (9.48%), Sugar: 8.53g (9.48%), Cholesterol: 0mg (0%), Sodium: 570.32mg (24.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.73%), Vitamin A: 4942.26IU (98.85%), Fiber: 11.16g (44.63%), Vitamin C: 32.02mg (38.81%), Manganese: 0.39mg (19.42%), Iron: 3.23mg (17.92%), Vitamin K: 18.56µg (17.68%), Potassium: 598.01mg (17.09%), Vitamin B6: 0.29mg (14.47%), Folate: 54.97µg (13.74%), Vitamin B1: 0.2mg (13.31%), Copper: 0.23mg (11.45%), Phosphorus: 110.23mg (11.02%), Magnesium: 40.07mg (10.02%), Vitamin B3: 1.94mg (9.68%), Calcium: 85.81mg (8.58%), Vitamin E: 1.23mg (8.18%), Vitamin B2: 0.1mg (6.13%), Zinc: 0.88mg (5.88%), Vitamin B5: 0.39mg (3.9%), Selenium: 1.33µg (1.9%)