



Braised Baby Artichokes and Shallots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 pounds baby artichokes (20 to 30)
- ☐ 0.5 cup chicken broth
- ☐ 0.5 cup wine dry white
- ☐ 1 tablespoon flat parsley fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 pound shallots
- ☐ 1 tablespoon butter unsalted

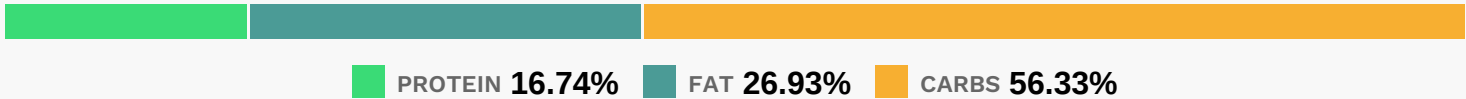
Equipment

☐ frying pan

Directions

- ☐ Halve shallots lengthwise. Pull tough outer leaves (about 5 layers) from artichokes so they resemble tight rosebuds.
- ☐ Cut off top third of each artichoke and discard. Trim stem ends and halve artichokes through stems.
- ☐ In a large heavy skillet heat oil and butter over moderately high heat until hot but not smoking and sauté artichokes and shallots, stirring occasionally, until golden.
- ☐ Add broth and simmer, covered, 15 minutes, or until artichokes are almost tender.
- ☐ Add wine and boil, uncovered, until liquid is evaporated.
- ☐ Toss braised vegetables with parsley and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:1.63, Inflammation Score:-9, Nutrition Score:8.5204348428094%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 204.16kcal (10.21%), Fat: 6.64g (10.22%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 17.79g (6.47%), Sugar: 7.34g (8.16%), Cholesterol: 5.41mg (1.8%), Sodium: 362.41mg (15.76%), Alcohol: 2.06g (100%), Alcohol %: 0.84% (100%), Protein: 9.29g (18.58%), Fiber: 13.48g (53.91%), Vitamin A: 2141.66IU (42.83%), Iron: 4.22mg (23.43%), Vitamin K: 14.29µg (13.61%), Vitamin C: 8.45mg (10.24%), Calcium: 97.47mg (9.75%), Manganese: 0.14mg (7.2%), Vitamin B6: 0.14mg (7.05%), Vitamin E: 0.75mg (5.03%), Potassium: 148.27mg (4.24%), Folate: 14.14µg (3.53%), Phosphorus: 28.01mg (2.8%), Magnesium: 10.51mg (2.63%), Copper: 0.04mg (1.92%), Vitamin B1: 0.03mg (1.9%), Vitamin B2: 0.02mg (1.39%), Zinc: 0.2mg (1.32%), Vitamin B5: 0.13mg

(1.26%)