



HEALTH SCORE

55%

Braised Baby Artichokes with Red Peppers and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds baby artichokes
- ☐ 1 large bay leaves
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 4 large garlic clove minced
- ☐ 8 spring onion chopped
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 teaspoons lemon zest finely grated
- ☐ 2 optional: lemon whole
- ☐ 2 tablespoons olive oil
- ☐ 2 large bell pepper diced red
- ☐ 1 cup water ()

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut 1 lemon in half. Squeeze juice into bowl of cold water; add lemon halves. Quarter second lemon. Working with 1 artichoke at a time, trim off tough outer leaves (about 3 layers).
- ☐ Cut off 3/4 inch of top; cut off stem.
- ☐ Cut artichoke in half lengthwise; rub all cut surfaces with lemon quarter to prevent discoloration. Scoop out any choke from center. Drop artichoke halves into lemon water.
- ☐ Heat oil in large skillet over medium heat.
- ☐ Add green onions. Sauté until tender, about 5 minutes.
- ☐ Add bell peppers. Sauté until peppers soften, about 3 minutes.
- ☐ Add garlic; stir 2 minutes.
- ☐ Drain artichokes and add to skillet.
- ☐ Add 1 cup water, 2 tablespoons lemon juice, thyme, bay leaf, and lemon peel.
- ☐ Sprinkle with salt and pepper; bring to simmer. Cover and simmer until artichokes are tender, adding more water by 1/4 cupfuls if mixture is dry and stirring occasionally, about 20 minutes. (Can be made 1 day ahead. Cover and chill. Rewarm, covered, over low heat, adding more water if dry.)
- ☐ Mix in parsley; season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:24.56, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:13.651739208595%

Flavonoids

Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 121.07kcal (6.05%), Fat: 3.77g (5.8%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 22.16g (7.39%), Net Carbohydrates: 12.32g (4.48%), Sugar: 5.37g (5.96%), Cholesterol: 0mg (0%), Sodium: 183.8mg (7.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Vitamin C: 77.18mg (93.55%), Vitamin A: 2802.29IU (56.05%), Vitamin K: 45.38µg (43.22%), Fiber: 9.84g (39.35%), Iron: 3.06mg (16.98%), Vitamin B6: 0.17mg (8.68%), Vitamin E: 1.27mg (8.49%), Folate: 32.31µg (8.08%), Calcium: 77.7mg (7.77%), Manganese: 0.12mg (5.82%), Potassium: 178.54mg (5.1%), Vitamin B2: 0.06mg (3.39%), Magnesium: 12.37mg (3.09%), Vitamin B1: 0.05mg (3%), Vitamin B3: 0.54mg (2.68%), Phosphorus: 23.6mg (2.36%), Copper: 0.04mg (2.18%), Vitamin B5: 0.21mg (2.13%), Zinc: 0.22mg (1.44%)