



 **54%**
HEALTH SCORE

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 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



PROTEIN 16.9% FAT 23.05% CARBS 60.05%

Properties

Glycemic Index:24.56, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:13.5952172694%

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: 120.83kcal (6.04%), Fat: 3.77g (5.8%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 12.29g (4.47%), Sugar: 5.35g (5.94%), Cholesterol: 0mg (0%), Sodium: 183.77mg (7.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.43%), Vitamin C: 76.54mg (92.77%), Vitamin A: 2802.04IU (56.04%), Vitamin K: 45.38µg (43.22%), Fiber: 9.78g (39.14%), Iron: 3.05mg (16.96%), Vitamin B6: 0.17mg (8.64%), Vitamin E: 1.27mg (8.48%), Folate: 32.24µg (8.06%), Calcium: 77.03mg (7.7%), Manganese: 0.12mg (5.82%), Potassium: 177.74mg (5.08%), Vitamin B2: 0.06mg (3.37%), Magnesium: 12.29mg (3.07%), Vitamin B1: 0.04mg (2.98%), Vitamin B3: 0.53mg (2.67%), Phosphorus: 23.54mg (2.35%), Copper: 0.04mg (2.16%), Vitamin B5: 0.21mg (2.12%), Zinc: 0.21mg (1.43%)