



Carciofi Sott'Olio: Marinated Artichokes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



908 kcal

SIDE DISH

Ingredients

- ☐ 10 globe artichokes
- ☐ 5 cloves garlic thinly sliced
- ☐ 2 lemons cut in half
- ☐ 1 bunch mint leaves
- ☐ 1 quart olive oil plus extra-virgin
- ☐ 1 tablespoon chile flakes red for layering

Equipment

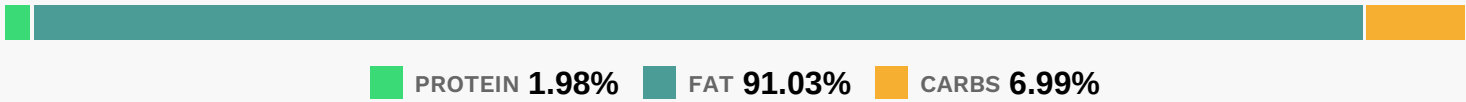
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Trim the artichokes and cut into 1/2-inch thick wedges and rub with a cut lemon. In a large, heavy-bottomed saucepan, combine the artichokes, garlic, chile flakes, and mint leaves and cover with the olive oil.
- ☐ Place the pan over high heat and bring to a boil. Once the center is boiling, remove from heat, cover, and allow to cool in the oil.
- ☐ Transfer the cooled artichokes to a clean jar, adding a pinch of chiles every cup of artichoke pieces, cover with the new oil and seal. To serve, drain the oil and serve at room temperature or re-heated in a saute pan, seasoned with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:2.59, Inflammation Score:-7, Nutrition Score:17.566521696422%

Flavonoids

Eriodictyol: 4.74mg, Eriodictyol: 4.74mg, Eriodictyol: 4.74mg, Eriodictyol: 4.74mg Hesperetin: 6.07mg, Hesperetin: 6.07mg, Hesperetin: 6.07mg, Hesperetin: 6.07mg Naringenin: 16.12mg, Naringenin: 16.12mg, Naringenin: 16.12mg, Naringenin: 16.12mg Apigenin: 9.68mg, Apigenin: 9.68mg, Apigenin: 9.68mg, Apigenin: 9.68mg Luteolin: 3.52mg, Luteolin: 3.52mg, Luteolin: 3.52mg, Luteolin: 3.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 907.77kcal (45.39%), Fat: 95.02g (146.18%), Saturated Fat: 13.14g (82.1%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 8.56g (3.11%), Sugar: 1.88g (2.09%), Cholesterol: 0mg (0%), Sodium: 136.14mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin E: 14.21mg (94.73%), Vitamin K: 76.79µg (73.13%), Vitamin C: 27.02mg (32.76%), Fiber: 7.86g (31.43%), Folate: 90.14µg (22.54%), Magnesium: 80.42mg (20.1%), Manganese: 0.38mg (18.88%), Copper: 0.32mg (15.87%), Potassium: 528.25mg (15.09%), Iron: 2.48mg (13.79%), Phosphorus: 123.64mg (12.36%), Vitamin B6: 0.2mg (10.08%), Vitamin B3: 1.47mg (7.35%), Vitamin B1: 0.11mg (7.08%), Calcium: 69.21mg (6.92%), Vitamin B2: 0.1mg (5.83%), Vitamin A: 275.72IU (5.51%), Vitamin B5: 0.49mg (4.91%), Zinc: 0.7mg (4.64%), Selenium: 0.72µg (1.03%)