



Carciofi with Mint and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 baby artichokes
- ☐ 6 ounces cooking wine dry white
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.5 cup mint leaves fresh
- ☐ 12 cloves garlic peeled
- ☐ 1 tablespoon pepper flakes red crushed

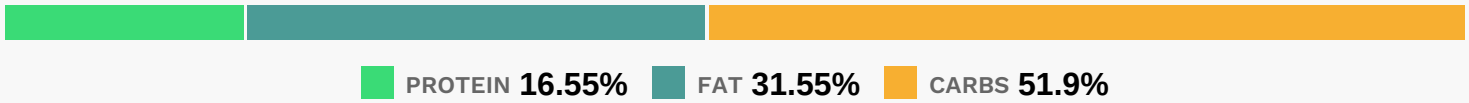
Equipment

- ☐ frying pan

Directions

- ☐ Peel and trim artichokes, leaving stem intact and place in acidulated water.
- ☐ Place olive oil and garlic cloves in pan and place over medium high heat. Cook until garlic is light golden brown.
- ☐ Drain artichokes and place in pan with garlic and cook until tender (occasionally spritzing with wine, when necessary, to slow the cooking), about 10 minutes.
- ☐ Add chilies and mint, stir through, season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:1, Inflammation Score:-10, Nutrition Score:15.154347824014%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 366.75kcal (18.34%), Fat: 13.88g (21.36%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 51.39g (17.13%), Net Carbohydrates: 27.11g (9.86%), Sugar: 8.29g (9.21%), Cholesterol: 0mg (0%), Sodium: 569.72mg (24.77%), Alcohol: 4.38g (100%), Alcohol %: 1.12% (100%), Protein: 16.38g (32.76%), Fiber: 24.28g (97.14%), Vitamin A: 4628.01IU (92.56%), Iron: 7.78mg (43.2%), Calcium: 189.27mg (18.93%), Vitamin E: 2.71mg (18.09%), Vitamin C: 13.11mg (15.89%), Manganese: 0.3mg (15.02%), Vitamin K: 10.56µg (10.06%), Vitamin B6: 0.18mg (9.1%), Potassium: 137.42mg (3.93%), Magnesium: 13.98mg (3.5%), Copper: 0.07mg (3.36%), Phosphorus: 31.53mg (3.15%), Vitamin B2: 0.05mg (2.94%), Selenium: 1.73µg (2.47%), Vitamin B3: 0.44mg (2.18%), Zinc: 0.3mg (2.03%), Vitamin B1: 0.03mg (1.98%), Folate: 7.67µg (1.92%), Vitamin B5: 0.11mg (1.1%)