



Chicken-Stuffed Artichokes



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons almonds toasted chopped
- ☐ 3 pound artichokes
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 1 cup celery chopped
- ☐ 1.3 cups chicken breast cooked chopped (skinned before cooking and without salt)
- ☐ 0.8 cup mayonnaise fat-free
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon garlic chopped

- ☐ 0.5 cup green onions chopped
- ☐ 4 lemon wedges
- ☐ 1 cup no-salt-added chicken broth undiluted canned
- ☐ 0.3 cup romano cheese grated

Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ dutch oven
- ☐ kitchen scissors

Directions

- ☐ Wash artichokes by plunging them up and down in cold water.
- ☐ Cut off stem ends, and trim 1/2 inch from top of each artichoke.
- ☐ Remove any loose bottom leaves. With scissors, trim away one-fourth of each outer leaf. Rub tops and edges of leaves with lemon wedges to prevent discoloration.
- ☐ Place artichokes in a Dutch oven; add water to depth of 2 inches. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until artichokes are tender.
- ☐ Drain; let cool.
- ☐ Spread leaves apart; scrape out fuzzy thistle centers (chokes) with a spoon, and discard. Set artichokes aside.
- ☐ Combine chicken and next 7 ingredients in a large bowl; stir well. Spoon chicken mixture evenly into artichoke cavities. Arrange artichokes in a 13- x 9- x 2-inch baking dish.
- ☐ Pour broth into dish around artichokes. Cover and bake at 350 for 30 minutes. Uncover and sprinkle with cheese; bake 10 additional minutes or until cheese melts.
- ☐ Sprinkle with 1/4 cup parsley, and serve with lemon slices, if desired.

Nutrition Facts



Properties

Glycemic Index:55.13, Glycemic Load:6.38, Inflammation Score:-9, Nutrition Score:39.89434783355%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 3.86mg, Eriodictyol: 3.86mg, Eriodictyol: 3.86mg, Eriodictyol: 3.86mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 42.64mg, Naringenin: 42.64mg, Naringenin: 42.64mg, Naringenin: 42.64mg Apigenin: 34.25mg, Apigenin: 34.25mg, Apigenin: 34.25mg, Apigenin: 34.25mg Luteolin: 8.47mg, Luteolin: 8.47mg, Luteolin: 8.47mg, Luteolin: 8.47mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 395.3kcal (19.76%), Fat: 8.08g (12.44%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 59.2g (19.73%), Net Carbohydrates: 35.8g (13.02%), Sugar: 11.47g (12.74%), Cholesterol: 50.06mg (16.69%), Sodium: 819.96mg (35.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.91%), Vitamin K: 156.28µg (148.84%), Fiber: 23.4g (93.61%), Vitamin C: 58.83mg (71.31%), Folate: 265.73µg (66.43%), Magnesium: 248.48mg (62.12%), Manganese: 1.17mg (58.25%), Vitamin B3: 11.49mg (57.44%), Phosphorus: 537.89mg (53.79%), Copper: 1.02mg (51.15%), Potassium: 1745.27mg (49.86%), Vitamin B6: 0.89mg (44.33%), Iron: 6.61mg (36.72%), Calcium: 275.31mg (27.53%), Vitamin B2: 0.44mg (25.63%), Selenium: 15.78µg (22.55%), Vitamin B1: 0.32mg (21.59%), Zinc: 3.01mg (20.05%), Vitamin B5: 1.9mg (19.01%), Vitamin E: 2.72mg (18.13%), Vitamin A: 637.94IU (12.76%), Vitamin B12: 0.29µg (4.79%)