



Cook the Book: Artichokes alla Contadino

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings artichokes
- ☐ 6 artichokes with chokes removed (directions below) cleaned halved
- ☐ 0.3 cup basil chopped
- ☐ 1 tablespoon rosemary leaves fresh
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 1 clove garlic crushed peeled
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup olives pitted

- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup pancetta cut into large chunks
- ☐ 0.3 cup panko bread crumbs
- ☐ 0.3 cup parsley chopped
- ☐ 0.3 teaspoon salt and pepper
- ☐ 0.3 cup wine
- ☐ 2 tomatoes whole chopped

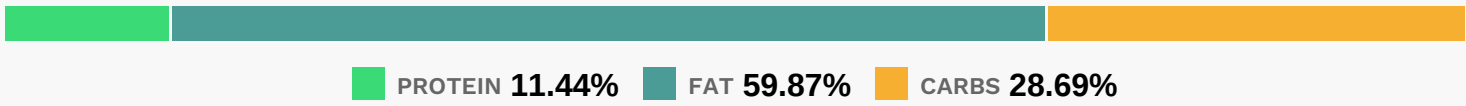
Equipment

- ☐ pot

Directions

- ☐ Heat the olive oil in a large saucepot over medium-high heat.
- ☐ Add the pancetta and onion and cook together 2 minutes, until some of the pancetta fat is rendered and the onion starts to soften.
- ☐ Add the artichokes and season the mixture with the salt and pepper. Cook for 2 minutes, until the artichokes are lightly sauteed.
- ☐ Add the garlic, tomatoes, and wine and cook for 2 minutes, until the alcohol evaporates.
- ☐ Add the olives, basil, rosemary, thyme, and parsley, and mix everything together well.
- ☐ Remove the mixture to a serving dish and top with panko breadcrumbs.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:80.25, Glycemic Load:4.46, Inflammation Score:-10, Nutrition Score:24.930000090081%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 24.72mg, Naringenin: 24.72mg, Naringenin: 24.72mg, Naringenin: 24.72mg Apigenin: 22.58mg, Apigenin: 22.58mg, Apigenin: 22.58mg, Apigenin: 22.58mg Luteolin: 5.35mg, Luteolin: 5.35mg, Luteolin: 5.35mg, Luteolin: 5.35mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 397.02kcal (19.85%), Fat: 27.26g (41.94%), Saturated Fat: 6.14g (38.34%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 16.97g (6.17%), Sugar: 4.84g (5.38%), Cholesterol: 19.52mg (6.51%), Sodium: 689.08mg (29.96%), Alcohol: 1.54g (100%), Alcohol %: 0.55% (100%), Protein: 11.72g (23.45%), Vitamin K: 109.79µg (104.56%), Fiber: 12.43g (49.7%), Vitamin C: 40.89mg (49.56%), Folate: 156.76µg (39.19%), Manganese: 0.72mg (35.81%), Magnesium: 138.44mg (34.61%), Potassium: 1011.52mg (28.9%), Copper: 0.55mg (27.38%), Phosphorus: 252.42mg (25.24%), Vitamin A: 1074.74IU (21.49%), Iron: 3.77mg (20.95%), Vitamin E: 3.14mg (20.93%), Vitamin B6: 0.41mg (20.66%), Vitamin B3: 3.99mg (19.93%), Vitamin B1: 0.3mg (19.84%), Calcium: 127.83mg (12.78%), Vitamin B2: 0.2mg (11.82%), Selenium: 7.58µg (10.83%), Zinc: 1.61mg (10.71%), Vitamin B5: 0.96mg (9.59%), Vitamin B12: 0.16µg (2.68%)