



## Delicious Artichokes

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

### Ingredients

- 4 medium artichokes
- 3 tablespoons basil pesto
- 0.5 cup butter melted
- 0.3 cup seasoned bread crumbs italian

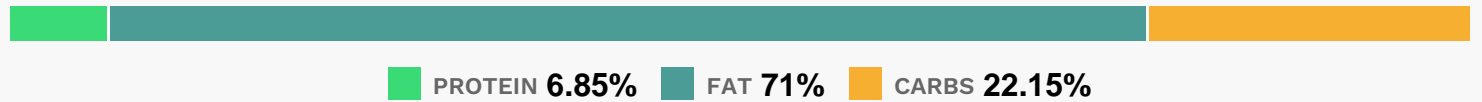
### Equipment

- bowl
- pot
- steamer basket

## Directions

- Trim the stems from the artichokes, and remove the small leaves from the bottoms. Slice 1 inch or so off the top so that it is flat.
- Pour 2 cups or 1 inch of water into a large pot, and insert a steamer basket.
- Place artichokes into the steamer, cover, and bring to a boil. Allow them to steam for about 15 minutes, or until a fork can easily pierce the stem.
- In a cup or small bowl, mix together the melted butter and pesto.
- Drizzle the mixture over upright artichokes, being sure to dribble into all of the crevices. Then sprinkle bread crumbs across the tops and serve.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:2.1, Inflammation Score:-8, Nutrition Score:12.013913061308%

## Flavonoids

Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg

## Nutrients (% of daily need)

Calories: 335.87kcal (16.79%), Fat: 27.78g (42.73%), Saturated Fat: 15.46g (96.59%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 12.05g (4.38%), Sugar: 2.07g (2.31%), Cholesterol: 61.98mg (20.66%), Sodium: 508.16mg (22.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.05%), Fiber: 7.46g (29.84%), Folate: 96.82µg (24.2%), Vitamin K: 24.38µg (23.22%), Magnesium: 80.82mg (20.2%), Manganese: 0.4mg (20.07%), Vitamin A: 967.01IU (19.34%), Vitamin C: 15.18mg (18.4%), Copper: 0.31mg (15.7%), Potassium: 497.73mg (14.22%), Phosphorus: 135.29mg (13.53%), Iron: 2.08mg (11.55%), Vitamin B1: 0.17mg (11.04%), Calcium: 94.89mg (9.49%), Vitamin B3: 1.81mg (9.06%), Vitamin B6: 0.16mg (8.11%), Vitamin B2: 0.13mg (7.37%), Vitamin E: 0.92mg (6.14%), Vitamin B5: 0.51mg (5.11%), Zinc: 0.76mg (5.07%), Selenium: 2.39µg (3.42%), Vitamin B12: 0.07µg (1.24%)