



Easy Marinated Artichokes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



178 kcal

SIDE DISH

Ingredients

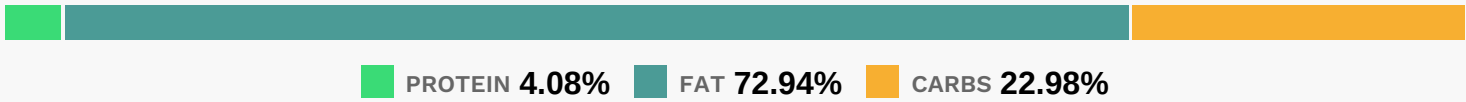
- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 1 teaspoon ground pepper black to taste
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 juice of lemon juiced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon salt to taste

Equipment

Directions

- ☐ Combine lemon juice, extra-virgin olive oil, salt, black pepper, Italian seasoning, and garlic in a sealable plastic container.
- ☐ Seal the container and shake to emulsify the mixture.
- ☐ Remove the lid and add artichoke hearts. Reseal the lid and continue shaking the container until the artichoke hearts are completely coated.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:3.3160869595797%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 178.02kcal (8.9%), Fat: 14.11g (21.71%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 6.22g (2.26%), Sugar: 1.95g (2.17%), Cholesterol: 0mg (0%), Sodium: 1896.34mg (82.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Vitamin K: 16.28µg (15.51%), Fiber: 3.78g (15.12%), Vitamin E: 2.23mg (14.88%), Manganese: 0.18mg (9.11%), Vitamin C: 5.83mg (7.06%), Iron: 0.57mg (3.14%), Calcium: 22.16mg (2.22%), Folate: 5.54µg (1.38%), Magnesium: 5.34mg (1.34%), Potassium: 41.72mg (1.19%), Copper: 0.02mg (1.15%), Vitamin B6: 0.02mg (1.01%)