



Extra-Virgin Olive Oil and Artichokes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large artichokes
- ☐ 0.3 cup cooking wine dry white
- ☐ 4 garlic cloves coarsely chopped
- ☐ 1 optional: lemon fresh halved
- ☐ 0.3 cup olive oil spanish extra-virgin
- ☐ 4 servings salt
- ☐ 0.5 cup water

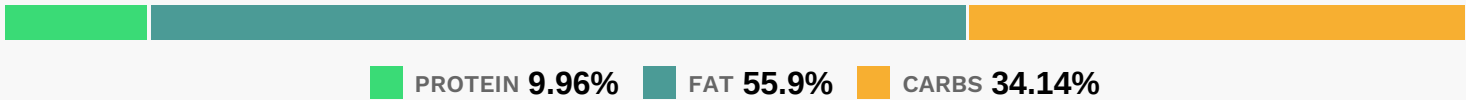
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ serrated knife
- ☐ melon baller

Directions

- ☐ Squeeze the juice from the lemon into a bowl of water. Working with 1 artichoke at a time, break off the stem and snap off the dark outer leaves. Using a serrated knife, cut off the remaining leaves at the top of the base. Using a small, sharp knife, trim the base. Using a spoon or a melon baller, scoop out the hairy chokes. Rub the artichoke bottom all over with the cut lemon and drop it in the water.
- ☐ In a medium saucepan, combine the olive oil, wine, water and garlic and bring to a simmer.
- ☐ Add the artichoke bottoms and a large pinch of salt and simmer over moderately low heat until tender, about 12 minutes.
- ☐ Let the artichokes cool slightly in the cooking liquid, then add the 2 teaspoons of lemon juice and season with salt.
- ☐ Serve warm or at room temperature.
- ☐ Make Ahead: The artichokes can be refrigerated overnight. Rewarm gently in the oil before serving.
- ☐ Serve With: Toasted peasant bread.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:2.99, Inflammation Score:-7, Nutrition Score:13.384782627873%

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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg,

Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 20.41mg, Naringenin: 20.41mg, Naringenin: 20.41mg, Naringenin: 20.41mg Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 213.9kcal (10.69%), Fat: 13.78g (21.19%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 10.09g (3.67%), Sugar: 1.97g (2.19%), Cholesterol: 0mg (0%), Sodium: 349.15mg (15.18%), Alcohol: 1.54g (100%), Alcohol %: 0.85% (100%), Protein: 5.53g (11.05%), Fiber: 8.83g (35.33%), Vitamin K: 32.21µg (30.68%), Folate: 111.9µg (27.98%), Vitamin C: 22.79mg (27.63%), Magnesium: 100.2mg (25.05%), Manganese: 0.48mg (24.19%), Copper: 0.39mg (19.49%), Potassium: 629.98mg (18%), Phosphorus: 153.69mg (15.37%), Vitamin E: 2.27mg (15.1%), Iron: 2.25mg (12.49%), Vitamin B6: 0.24mg (11.8%), Vitamin B3: 1.74mg (8.69%), Vitamin B1: 0.13mg (8.35%), Calcium: 79.65mg (7.97%), Vitamin B2: 0.11mg (6.68%), Vitamin B5: 0.58mg (5.82%), Zinc: 0.85mg (5.69%), Selenium: 0.77µg (1.1%)