

Braised Artichokes with Pecorino (Carciofi al Tegame)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- 2 pounds artichokes
- 0.5 teaspoon sea salt to taste
- 4 garlic clove sliced
- 1 optional: lemon for acidulated water
- 1 cup mild cheddar cheese shredded (6 to 8 months old)
- 0.5 teaspoon chilly flakes to taste
- 0.3 cup olive oil extra virgin extra-virgin

- 2 cups onion chopped
- 12 inch bacon with a tight-fitting cover

Equipment

- frying pan

Directions

- Trim the artichokes, slice very thinly, and soak the slices in acidulated water.
- Pour the olive oil into the skillet, and set it over medium heat. Scatter the garlic and onion in the pan. Cook for 4 minutes or so, stirring and tossing occasionally; season with the salt and peperoncino.
- When the vegetables are sizzling and wilting, lift the artichoke slices from the acidulated water, drain briefly, and drop them into the skillet. Stir well, cover the pan tightly, and let everything cook slowly, giving the pan a shake now and then.
- After 10 minutes, the artichoke slices should be softening—if they're hard and the pan is dry, add a couple spoonfuls of acidulated water and continue cooking, covered. Braise for 15 to 20 minutes total, until the artichokes are tender and lightly colored. Cook uncovered for more caramelization if you like.
- Turn off the heat, and spread the artichokes out in the skillet bottom. Scatter the shredded cheese evenly on top, and cover the pan.
- Let it melt into the vegetables for several minutes before serving.
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Nutrition Facts

  
 **PROTEIN 15.9%**  **FAT 52.29%**  **CARBS 31.81%**

Properties

Glycemic Index:23.58, Glycemic Load:4.18, Inflammation Score:-8, Nutrition Score:17.007391250652%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 19mg, Naringenin: 19mg, Naringenin: 19mg, Naringenin: 19mg Apigenin: 11.32mg, Apigenin: 11.32mg, Apigenin: 11.32mg, Apigenin: 11.32mg Luteolin: 3.84mg,

Luteolin: 3.84mg, Luteolin: 3.84mg, Luteolin: 3.84mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg

Nutrients (% of daily need)

Calories: 282.31kcal (14.12%), Fat: 17.56g (27.01%), Saturated Fat: 5.56g (34.74%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 14.38g (5.23%), Sugar: 4.29g (4.77%), Cholesterol: 23.86mg (7.95%), Sodium: 547.44mg (23.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.02%), Fiber: 9.66g (38.65%), Vitamin C: 31.8mg (38.55%), Folate: 118.94µg (29.74%), Vitamin K: 28.49µg (27.14%), Phosphorus: 263.45mg (26.35%), Magnesium: 104.66mg (26.16%), Manganese: 0.5mg (24.91%), Calcium: 221.18mg (22.12%), Potassium: 711.22mg (20.32%), Copper: 0.39mg (19.72%), Vitamin B6: 0.32mg (15.94%), Iron: 2.34mg (12.98%), Vitamin B2: 0.21mg (12.64%), Selenium: 8.83µg (12.62%), Vitamin E: 1.79mg (11.9%), Vitamin B1: 0.18mg (11.9%), Zinc: 1.71mg (11.42%), Vitamin B3: 2.22mg (11.09%), Vitamin B5: 0.76mg (7.57%), Vitamin A: 215.45IU (4.31%), Vitamin B12: 0.25µg (4.25%)