



Fire-Grilled Artichokes



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1676 kcal

SIDE DISH

Ingredients

- ☐ 2 artichokes
- ☐ 4 tablespoons canola oil
- ☐ 2.5 tablespoons dijon mustard
- ☐ 2 teaspoons ground pepper fresh
- ☐ 0.1 cup squeezed lemon juice fresh
- ☐ 0.5 cup squeezed lemon juice fresh
- ☐ 1.8 cups mayonnaise
- ☐ 0.8 ounce long calabrian peppers hot stemmed seeded

☐ 0.3 cup salt

Equipment

☐ food processor

☐ bowl

☐ grill

☐ broiler

☐ peeler

Directions

☐ Watch how to make this recipe.

☐ For the Calabrian pepper aioli: In a food processor, combine and puree the lemon juice, Dijon mustard and peppers. Fold the mayonnaise into the puree and mix well. Reserve.

☐ Cut the artichokes in half lengthwise, splitting the stem.

☐ Remove the two bottom layers of leaves and, with a potato peeler, peel the stem until the outer fibers are removed. With a small spoon, dig out the inner fibers at the center of the artichoke.

☐ Submerge the artichokes in a bowl of cold water and add the lemon juice to prevent browning.

☐ Bring 1 gallon water to a boil and add 1/4 cup of the salt, stirring until dissolved.

☐ Add the artichoke halves to the boiling water and cook until a fork inserts easily into the stem, 10 to 15 minutes, depending upon the size of the artichoke.

☐ Remove from the boiling water and place in ice cold water to chill.

☐ Heat a char broiler or wood-fired grill.

☐ Brush the cut side of the artichokes with the oil, season with the remaining 2 teaspoons salt and the pepper.

☐ Place cut-side down on the grill and cook until heated through.

☐ Serve with the Calabrian pepper aioli.

Nutrition Facts



 PROTEIN **1.75%**  FAT **92.94%**  CARBS **5.31%**

Properties

Glycemic Index:78, Glycemic Load:2.99, Inflammation Score:-8, Nutrition Score:23.316086945326%

Flavonoids

Eriodictyol: 3.72mg, Eriodictyol: 3.72mg, Eriodictyol: 3.72mg, Eriodictyol: 3.72mg Hesperetin: 11.03mg, Hesperetin: 11.03mg, Hesperetin: 11.03mg, Hesperetin: 11.03mg Naringenin: 17.05mg, Naringenin: 17.05mg, Naringenin: 17.05mg, Naringenin: 17.05mg Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg Luteolin: 3.44mg, Luteolin: 3.44mg, Luteolin: 3.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 1675.84kcal (83.79%), Fat: 175.7g (270.31%), Saturated Fat: 25.15g (157.19%), Carbohydrates: 22.6g (7.53%), Net Carbohydrates: 13.96g (5.08%), Sugar: 4.84g (5.38%), Cholesterol: 82.32mg (27.44%), Sodium: 15719.32mg (683.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.86%), Vitamin K: 362.73µg (345.46%), Vitamin E: 11.81mg (78.75%), Vitamin C: 53.11mg (64.37%), Manganese: 0.73mg (36.66%), Fiber: 8.63g (34.53%), Folate: 114.81µg (28.7%), Magnesium: 97.18mg (24.3%), Copper: 0.4mg (20.18%), Potassium: 667.57mg (19.07%), Phosphorus: 188mg (18.8%), Selenium: 11.35µg (16.21%), Iron: 2.76mg (15.33%), Vitamin B6: 0.24mg (12.09%), Vitamin B1: 0.17mg (11.58%), Calcium: 107.07mg (10.71%), Vitamin B5: 0.96mg (9.64%), Vitamin B2: 0.15mg (8.95%), Vitamin B3: 1.59mg (7.94%), Zinc: 1.15mg (7.69%), Vitamin A: 212.2IU (4.24%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.39µg (2.61%)