



Fried Baby Artichokes



Vegetarian



Vegan



Gluten Free



Dairy Free



Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

227 kcal

SIDE DISH

Ingredients



10 baby artichokes



1 bunch thyme leaves fresh



6 cloves garlic fresh peeled



4 servings olive oil



0.5 teaspoon pepper



1 teaspoon salt

Equipment



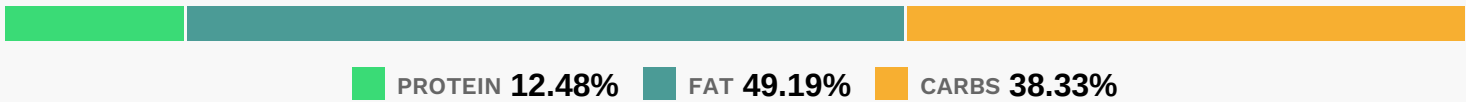
paper towels

- ☐ knife
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Remove and discard the artichoke stems. Peel off lower leaves (approximately 18.) Slice off the top half so that only the light green remains (artichokes should be approximately 1 1/4 inches), then cut the artichoke in half lengthwise.
- ☐ Place the artichokes in a medium pot, flat side down, and add olive oil to just cover.
- ☐ Add the garlic, thyme, salt and pepper. Bring the olive oil to a boil, cover the pot and reduce the heat to a low flame and simmer for 15 minutes. Insert a knife into the lower half and if easily penetrated, it's done.
- ☐ Remove the thyme and garlic from the pot, raise the heat and fry uncovered for approximately 2 minutes, turning over the artichokes midway. They are done when brown and crispy.
- ☐ Remove the artichokes from the pot and place them on paper towels flat side down.
- ☐ Sprinkle with salt and serve.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:7.076521601366%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 226.88kcal (11.34%), Fat: 14.05g (21.61%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 12.86g (4.68%), Sugar: 3.87g (4.3%), Cholesterol: 0mg (0%), Sodium: 848.18mg (36.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.04%), Fiber: 11.77g (47.09%), Vitamin A: 1946.91IU (38.94%),

Iron: 3.76mg (20.88%), Vitamin E: 2.02mg (13.48%), Calcium: 88.18mg (8.82%), Vitamin C: 7.26mg (8.79%), Vitamin K: 8.91µg (8.49%), Manganese: 0.13mg (6.29%), Vitamin B6: 0.06mg (3%), Copper: 0.02mg (1.14%)