

## Fried Baby Artichokes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

### Ingredients

- 10 baby artichokes
- 1 bunch thyme sprigs 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.

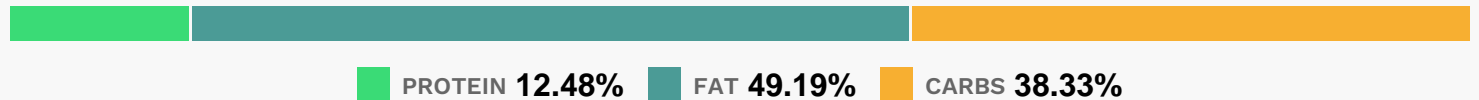
Add the garlic, thyme, salt and pepper. Bring the olive oil to a boil, cover the pot and reduce the heat to a low flame and simmer for 15 minutes. Insert a knife into the lower half and if easily penetrated, it's done.

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

## 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%)