



Genovese-Style Artichokes

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 artichokes fresh cleaned trimmed
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 4 garlic cloves chopped
- ☐ 4 cups roman mushrooms trimmed chopped
- ☐ 3 tablespoons olive oil
- ☐ 1 onion diced
- ☐ 0.5 cup parmesan grated
- ☐ 0.5 teaspoon pepper

- ☐ 2 ounces pancetta chopped
- ☐ 1 teaspoon salt
- ☐ 2 cups white wine

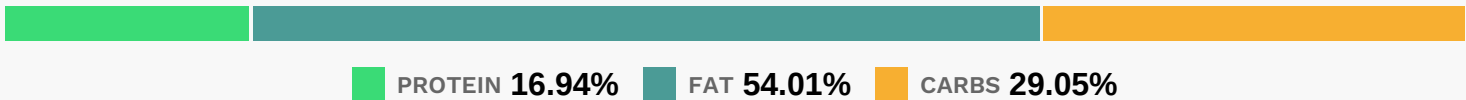
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large, heavy skillet heat 3 tablespoons olive oil over medium-high heat.
- ☐ Add the mushrooms, onions, and garlic. Cook, stirring frequently until the mushrooms are tender and the onions are golden.
- ☐ Transfer the mushroom mixture to a medium bowl and let the mixture cool slightly.
- ☐ Add the prosciutto, parsley, Parmesan, salt, and pepper and stir to combine.
- ☐ Gently pull apart the leaves of the trimmed artichokes to slightly widen the spaces between the leaves. Stuff the mushroom mixture in the spaces between the artichoke leaves.
- ☐ Place the artichokes in a heavy, high-sided pan so they fit snugly enough to stay upright.
- ☐ Pour the wine and 1 cup of water into the bottom of the pan.
- ☐ Pour the 1/4 cup of olive oil over the top of the artichokes.
- ☐ Place the pan over medium-high heat. Cover the pan and bring to a simmer. Reduce the heat to low and simmer for 45 minutes, until the artichokes are tender.
- ☐ Remove from the pot and serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:4.26, Inflammation Score:-8, Nutrition Score:22.5439130016%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 16.46mg, Naringenin: 16.46mg, Naringenin: 16.46mg, Naringenin: 16.46mg Apigenin: 13.9mg, Apigenin: 13.9mg, Apigenin: 13.9mg, Apigenin: 13.9mg Luteolin: 2.98mg, Luteolin: 2.98mg, Luteolin: 2.98mg, Luteolin: 2.98mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 397.43kcal (19.87%), Fat: 19.94g (30.68%), Saturated Fat: 5.5g (34.37%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 15.6g (5.67%), Sugar: 5.63g (6.26%), Cholesterol: 17.86mg (5.95%), Sodium: 1009.57mg (43.89%), Alcohol: 12.36g (100%), Alcohol %: 3.77% (100%), Protein: 14.07g (28.14%), Vitamin K: 59.33µg (56.5%), Fiber: 8.53g (34.13%), Phosphorus: 340.64mg (34.06%), Vitamin B2: 0.55mg (32.62%), Copper: 0.64mg (32.11%), Manganese: 0.64mg (31.97%), Folate: 113.83µg (28.46%), Vitamin B3: 5.62mg (28.1%), Potassium: 970.45mg (27.73%), Vitamin C: 22.62mg (27.42%), Magnesium: 109.58mg (27.4%), Calcium: 234.8mg (23.48%), Selenium: 15.54µg (22.21%), Vitamin B6: 0.43mg (21.51%), Vitamin B5: 2.12mg (21.22%), Iron: 2.92mg (16.24%), Vitamin B1: 0.24mg (16.04%), Zinc: 1.89mg (12.59%), Vitamin E: 1.88mg (12.53%), Vitamin A: 290.18IU (5.8%), Vitamin B12: 0.26µg (4.32%), Vitamin D: 0.31µg (2.07%)