



Grilled Artichoke Sub

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large baguette french
- ☐ 1 tablespoons basil fresh chopped
- ☐ 1 head garlic
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 lemon zest
- ☐ 4 to 6 vibrant leaves of leaf lettuce red
- ☐ 10 ounce three jars oil-packed artichoke hearts drained
- ☐ 1 teaspoon olive oil

- ☐ 1 cup pinenuts with salt and a pinch of red pepper flakes toasted
- ☐ 2 tablespoons romano grated
- ☐ 1 cups milk ricotta cheese whole

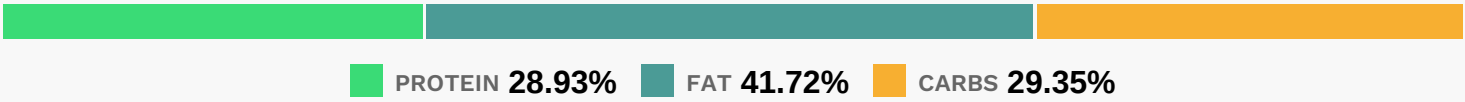
Equipment

- ☐ oven
- ☐ knife
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Lop off stem end of the head of garlic.
- ☐ Pour the olive oil over the exposed cloves, sprinkle with salt and pepper and wrap loosely in foil.
- ☐ Bake until soft and slightly caramelized, about 20 minutes.
- ☐ Let cool, squeeze out the garlic cloves and set aside. Once cool, using your knife, chop into a paste.
- ☐ Mix together the roasted garlic, ricotta, basil, romano and lemon zest. Season with salt and pepper.
- ☐ Heat a grill pan over medium-high heat. Gently add the artichokes to the grill pan and grill until properly charred, 4 to 5 minutes a side, then set aside.
- ☐ Meanwhile, lightly toast the baguette, about 5 minutes.
- ☐ For the sandwich build: Split the toasted baguette in half and schmear each half with the ricotta spread. Then pile on the grilled artichokes. Next, add the toasted pine nuts and finally the red leaf lettuce.
- ☐ Cut to serve your family and friends and enjoy with a side of Tony Bennett perhaps.

Nutrition Facts



Properties

Glycemic Index:42.96, Glycemic Load:2.45, Inflammation Score:-10, Nutrition Score:36.655217149983%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 312.11kcal (15.61%), Fat: 16.16g (24.86%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 25.58g (8.53%), Net Carbohydrates: 11.36g (4.13%), Sugar: 3.44g (3.83%), Cholesterol: 31.32mg (10.44%), Sodium: 934.23mg (40.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.42%), Vitamin A: 13122.31IU (262.45%), Vitamin E: 15.67mg (104.45%), Selenium: 51.82µg (74.03%), Vitamin K: 65.14µg (62.04%), Fiber: 14.22g (56.89%), Vitamin B3: 10.81mg (54.05%), Vitamin B6: 0.98mg (48.92%), Iron: 8.08mg (44.87%), Manganese: 0.85mg (42.3%), Phosphorus: 360.21mg (36.02%), Vitamin B2: 0.55mg (32.5%), Potassium: 971.42mg (27.75%), Calcium: 261.4mg (26.14%), Copper: 0.46mg (23.03%), Vitamin D: 3.26µg (21.71%), Magnesium: 83.71mg (20.93%), Vitamin B12: 1.2µg (19.98%), Zinc: 2.78mg (18.5%), Vitamin B1: 0.18mg (11.85%), Folate: 30.42µg (7.61%), Vitamin C: 5.96mg (7.23%), Vitamin B5: 0.67mg (6.72%)