



Grilled Artichoke with Smoked Tomato Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 4 large artichokes
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup olive oil
- ☐ 5 plum tomatoes smoked chopped

- ☐ 0.3 cup red wine vinegar
- ☐ 8 servings salt and pepper freshly ground

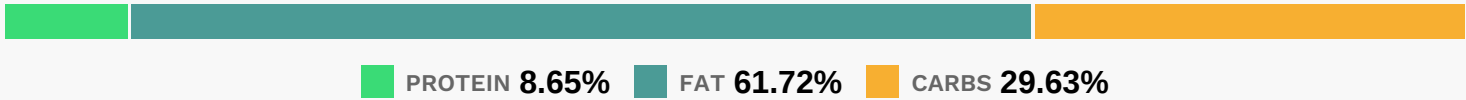
Equipment

- ☐ pot
- ☐ blender
- ☐ grill

Directions

- ☐ Place artichokes, lemon juice, 2 tablespoons olive oil, salt, and fill pot with enough cold water to cover the artichokes in a large pot. Boil for 30 to 35 minutes or until tender.
- ☐ Remove artichokes from pot and let cool.
- ☐ Preheat grill. When artichokes have cooled, slice in 1/2 lengthwise and remove the choke.
- ☐ Brush each half with the remaining oil, season with salt and pepper and grill cut-side down for 1 to 2 minutes. Turn over and grill an additional minute.
- ☐ Place tomatoes, salt and pepper, vinegar, garlic and basil and olive oil in a blender and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:1.76, Inflammation Score:-6, Nutrition Score:8.3208694380263%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 10.44mg, Naringenin: 10.44mg, Naringenin: 10.44mg, Naringenin: 10.44mg Apigenin: 6.08mg, Apigenin: 6.08mg, Apigenin: 6.08mg, Apigenin: 6.08mg Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 131.5kcal (6.58%), Fat: 9.66g (14.87%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 5.57g (2.03%), Sugar: 1.92g (2.13%), Cholesterol: 0mg (0%), Sodium: 272.78mg (11.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.09%), Vitamin K: 22.82µg (21.73%), Vitamin C: 16.48mg (19.98%), Fiber: 4.87g (19.46%), Folate: 61.99µg (15.5%), Magnesium: 53.81mg (13.45%), Manganese: 0.27mg (13.4%), Vitamin E: 1.73mg (11.56%), Potassium: 401.43mg (11.47%), Copper: 0.21mg (10.73%), Phosphorus: 83.95mg (8.4%), Vitamin A: 359.95IU (7.2%), Iron: 1.25mg (6.97%), Vitamin B6: 0.13mg (6.61%), Vitamin B3: 1.09mg (5.44%), Vitamin B1: 0.07mg (4.97%), Calcium: 41.97mg (4.2%), Vitamin B2: 0.06mg (3.66%), Zinc: 0.48mg (3.17%), Vitamin B5: 0.32mg (3.16%)