



HEALTH SCORE

19%

## 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



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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

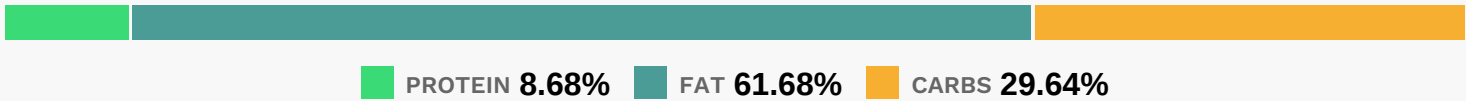
## Equipment

- ☐ 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:30, Glycemic Load:1.76, Inflammation Score:-6, Nutrition Score:8.4769564944765%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg 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 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: 131.62kcal (6.58%), Fat: 9.67g (14.87%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 5.58g (2.03%), Sugar: 1.92g (2.14%), Cholesterol: 0mg (0%), Sodium: 272.8mg (11.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin K: 24.89µg (23.71%), Vitamin C: 16.57mg (20.09%), Fiber: 4.87g (19.5%), Folate: 62.33µg (15.58%), Manganese: 0.27mg (13.68%), Magnesium: 54.13mg (13.53%), Vitamin E: 1.74mg (11.59%), Potassium: 402.9mg (11.51%), Copper: 0.22mg (10.82%), Phosphorus: 84.23mg (8.42%), Vitamin A: 386.33IU (7.73%), Iron: 1.27mg (7.06%), Vitamin B6: 0.13mg (6.64%), Vitamin B3: 1.09mg (5.46%), Vitamin B1: 0.07mg (4.98%), Calcium: 42.85mg (4.29%), Vitamin B2: 0.06mg (3.68%), Zinc: 0.48mg (3.2%), Vitamin B5: 0.32mg (3.18%)