



 **21%**
HEALTH SCORE

Grilled Artichokes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

Ingredients

- 1 tablespoon herbs like: thym fresh chopped
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- 0.3 cup olive oil extra virgin
- 2 cloves garlic cut in half (no need to peel)
- 1 bay leaves
- 1 optional: lemon cut into wedges
- 2 large eggplant
- 1 serving salt

Equipment

- bowl
- knife
- pot
- grill
- stove
- microwave
- kitchen scissors
- peeler
- pastry brush

Directions

- Place the chopped fresh herbs in a small bowl (not the bay leaf) and cover with olive oil. Microwave on high heat for 30 seconds (or heat oil and herbs on the stovetop until warm).
- Let the herbs steep in the warm olive oil while you prepare the artichokes.
- Prepare a large pot with an inch of water at the bottom.
- Add the cut cloves of garlic and the bay leaf, and place a steamer rack in the pot.
- To prepare the artichokes, have lemon wedges ready. If you want a nice presentation, use scissors to snip away the pointy tips of the artichoke leaves. As you trim the artichokes, rub the cut areas with juice from the lemon wedges to prevent the artichokes from turning brown from oxidation.
- Use a vegetable peeler to cut away the thick outer layer of the artichoke stems. Trim the stems to 2 inches from the base of the artichoke.
- Cut off and discard the top 1/2 inch of the artichokes.
- Cut the artichokes in half.
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- Use a strong metal spoon to scoop out the fuzzy chokes and the small inner artichoke leaves. Rub lemon juice all over the inside and exposed cut areas of the artichokes.

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- Heat the water in the large pot with a steamer rack on high. When it comes to a boil, reduce the heat to medium high and place the artichoke halves, cut side down, on the steam rack.
- Cover. Steam for 20 minutes (less or more, depending on the size of the artichokes), until you can easily pull off the outer leaves, and you can pierce the heart easily with a knife.
- The artichokes can be just a tiny bit less cooked than would be typically perfect for steamed artichokes, as you will be cooking them further on the grill.

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- Prepare your grill for direct, high heat. Use a pastry brush to brush the artichoke all over with the herb infused oil.
- Sprinkle all over with salt.
- Place the artichoke halves cut-side-down on the grill grates. Cover, and grill for 5 to 10 minutes, until you have nice grill mark on the cut sides of the artichokes.
- To serve, sprinkle the cut sides with more lemon juice.
- Serve alone or with mayonnaise, remoulade, or aioli.
- Did you love the recipe? Give us some stars and leave a comment below!

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Nutrition Facts (per serving)

Calories

Fat

Carbs

Protein

Show Full Nutrition Label

Nutrition Facts

Servings: 4

Amount per serving

Calories

% Daily Value*

- Total Fat 19g
- Saturated Fat 3g
- Cholesterol 0mg
- Sodium 240mg
- Total Carbohydrate 40g
- Dietary Fiber 14g
- Total Sugars 10g
- Protein 7g
- Vitamin C 119mg
- Calcium 86mg
- Iron 2mg
- Potassium 760mg

- *The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
- Nutrition information is calculated using an ingredient database and should be considered an estimate. In cases where multiple ingredient alternatives are given, the first listed is calculated for nutrition.
- Garnishes and optional ingredients are not included.

Nutrition Facts



■ PROTEIN **4.39%**
■ FAT **68.45%**
■ CARBS **27.16%**

Properties

Glycemic Index:56.38, Glycemic Load:2.57, Inflammation Score:-6, Nutrition Score:10.276086869447%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.43mg, Quercetin:

0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 226.74kcal (11.34%), Fat: 18.51g (28.48%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 8.84g (3.22%), Sugar: 8.78g (9.75%), Cholesterol: 0mg (0%), Sodium: 54.23mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Fiber: 7.68g (30.72%), Manganese: 0.58mg (28.91%), Vitamin C: 20.01mg (24.25%), Vitamin E: 3.33mg (22.19%), Vitamin K: 23.03µg (21.93%), Potassium: 570.96mg (16.31%), Folate: 54.12µg (13.53%), Vitamin B6: 0.23mg (11.73%), Copper: 0.2mg (10.2%), Magnesium: 35.27mg (8.82%), Vitamin B3: 1.53mg (7.67%), Vitamin B5: 0.71mg (7.06%), Vitamin B1: 0.1mg (6.9%), Phosphorus: 62.16mg (6.22%), Vitamin B2: 0.09mg (5.45%), Iron: 0.86mg (4.77%), Calcium: 32.53mg (3.25%), Zinc: 0.41mg (2.73%), Vitamin A: 113.04IU (2.26%), Selenium: 1.01µg (1.45%)