



Grilled Artichokes



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 2 large to 4 globe artichokes
- ☐ 1 tablespoon herbs such as rosemary fresh chopped
- ☐ 1 optional: lemon cut into wedges
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt

Equipment

- ☐ bowl
- ☐ knife

- ☐ pot
- ☐ grill
- ☐ stove
- ☐ microwave
- ☐ kitchen scissors
- ☐ peeler
- ☐ pastry brush

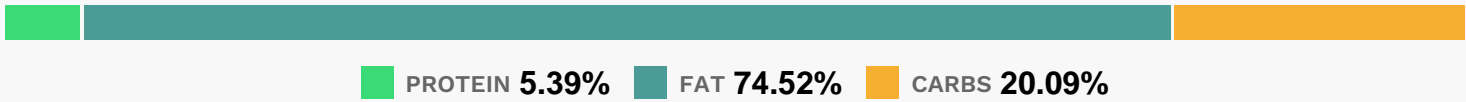
Directions

- ☐ Place chopped herbs in a small bowl, cover with olive oil. Microwave on high heat for 30 seconds (or heat oil and herbs on the stove top until warm).
- ☐ Let the herbs seep in the warm olive oil while you prepare the artichokes.² Prepare a large pot with an inch of water at the bottom and a steamer rack. 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. 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.³
- ☐ 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.⁴ 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.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:1.78, Inflammation Score:-5, Nutrition Score:8.476086989693%

Flavonoids

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: 10.27mg, Naringenin: 10.27mg, Naringenin: 10.27mg, Naringenin: 10.27mg Apigenin: 6.07mg, Apigenin: 6.07mg, Apigenin: 6.07mg, Apigenin: 6.07mg Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 205.13kcal (10.26%), Fat: 18.21g (28.01%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 5.9g (2.15%), Sugar: 1.48g (1.64%), Cholesterol: 0mg (0%), Sodium: 270.85mg (11.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin C: 23.88mg (28.94%), Vitamin K: 24.9µg (23.71%), Fiber: 5.14g (20.55%), Vitamin E: 2.79mg (18.6%), Folate: 58.39µg (14.6%), Magnesium: 51.08mg (12.77%), Manganese: 0.22mg (11.09%), Copper: 0.2mg (9.96%), Potassium: 338.65mg (9.68%), Phosphorus: 77.5mg (7.75%), Iron: 1.32mg (7.32%), Vitamin B6: 0.12mg (5.82%), Vitamin B1: 0.07mg (4.62%), Vitamin B3: 0.88mg (4.39%), Calcium: 43.85mg (4.38%), Vitamin B2: 0.06mg (3.48%), Vitamin B5: 0.33mg (3.26%), Zinc: 0.42mg (2.78%)