



Grilled Artichokes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 6 artichokes (each)
- ☐ 0.7 cup balsamic vinegar
- ☐ 0.5 cup optional: dill fresh coarsely chopped
- ☐ 0.3 cup ginger fresh chopped
- ☐ 0.3 cup garlic chopped
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 1 tablespoon olive oil

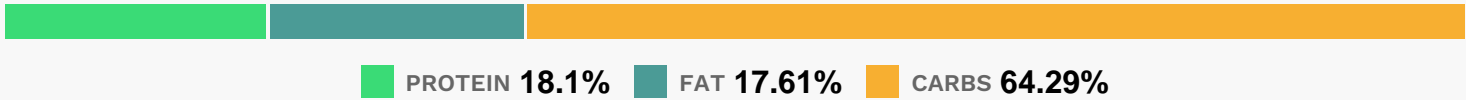
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ kitchen scissors

Directions

- ☐ Slice artichoke tops off crosswise to remove tips; discard. Pull small leaves from artichokes. With scissors, cut off and discard thorny tips from remaining outer leaves. With a knife, trim fibrous exterior from bottoms and stems.
- ☐ Half-fill an 8- to 10-quart pan with water. Cover and bring to a boil over high heat.
- ☐ Add artichokes, cover, and simmer until bottoms pierce easily, about 20 minutes.
- ☐ Drain artichokes and let stand until cool enough to handle.
- ☐ Cut each one in half lengthwise and scrape out and discard fuzzy center.
- ☐ In a large bowl, combine vinegar, 1/4 cup water, dill, soy, ginger, garlic, and oil. Spoon half of the vinegar sauce into a small bowl.
- ☐ Roll artichokes in large bowl of sauce.
- ☐ Lift artichokes from bowl, draining, then lay them, cut side down, on a barbecue grill over a solid bed of medium coals or a gas grill on medium (you can hold your hand at grill level only 4 to 5 seconds); close lid on gas grill.
- ☐ As artichokes cook, baste every few minutes with sauce from large bowl. Grill until lightly browned on bottom, 5 to 7 minutes. Turn artichokes over and spoon remaining basting sauce into them. Grill until leaf tips are lightly charred, 3 to 4 minutes more.
- ☐ Arrange artichokes on a platter. Break off leaves and cut up bottoms to dunk into the small bowl of sauce.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:5.16, Inflammation Score:-7, Nutrition Score:12.337391236554%

Flavonoids

Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg Apigenin: 9.58mg, Apigenin: 9.58mg, Apigenin: 9.58mg, Apigenin: 9.58mg Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 127.12kcal (6.36%), Fat: 2.67g (4.11%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 14.64g (5.32%), Sugar: 5.7g (6.33%), Cholesterol: 0mg (0%), Sodium: 640.76mg (27.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.35%), Fiber: 7.29g (29.17%), Manganese: 0.58mg (28.91%), Folate: 99.76µg (24.94%), Vitamin C: 20.27mg (24.57%), Magnesium: 95.27mg (23.82%), Vitamin K: 20.45µg (19.48%), Potassium: 623.45mg (17.81%), Copper: 0.34mg (17.08%), Phosphorus: 156.71mg (15.67%), Iron: 2.43mg (13.47%), Vitamin B6: 0.26mg (12.75%), Calcium: 87.29mg (8.73%), Vitamin B3: 1.63mg (8.16%), Vitamin B2: 0.14mg (8.1%), Vitamin B1: 0.11mg (7.5%), Vitamin A: 319.44IU (6.39%), Zinc: 0.88mg (5.85%), Vitamin B5: 0.54mg (5.35%), Vitamin E: 0.65mg (4.35%), Selenium: 1.16µg (1.66%)