




Grilled Artichokes with Artichoke-Mint Dip


 Vegetarian  Gluten Free

READY IN




45 min.

SERVINGS



6

CALORIES



247 kcal

SIDE DISH

Ingredients

- 8 artichokes whole
- 6 ounces cream cheese
- 1 cup mint leaves fresh packed ()
- 3 tablespoons olive oil extra virgin extra-virgin

Equipment

- bowl
- grill
- aluminum foil

kitchen scissors

Directions

Prepare barbecue (medium heat). Using scissors, cut off spiky tips from artichokes. Using spoon, scrape out chokes from centers. Wrap each artichoke in foil. Using tines of fork, poke holes in foil. Grill until leaves pull away easily from heart, turning occasionally, about 40 minutes. Unwrap artichokes. Discard any outer leaves that may be charred and any tough inner leaves. Arrange 6 artichokes on platter.

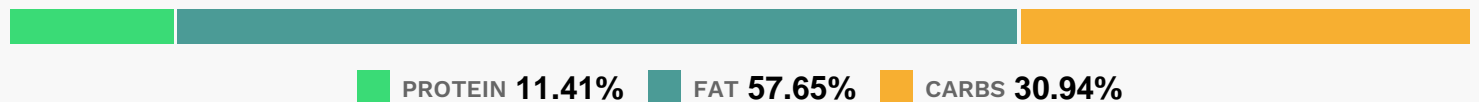
Remove leaves from remaining 2 artichokes and place on platter.

Transfer artichoke hearts to processor.

Add mint, cream cheese, and oil; blend until smooth. Season to taste with salt and pepper.

Transfer dip to bowl and place on platter.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:3.21, Inflammation Score:-8, Nutrition Score:15.406086973522%

Flavonoids

Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 21.33mg, Naringenin: 21.33mg, Naringenin: 21.33mg, Naringenin: 21.33mg Apigenin: 13.18mg, Apigenin: 13.18mg, Apigenin: 13.18mg, Apigenin: 13.18mg Luteolin: 4.88mg, Luteolin: 4.88mg, Luteolin: 4.88mg

Nutrients (% of daily need)

Calories: 246.57kcal (12.33%), Fat: 17.08g (26.27%), Saturated Fat: 6.77g (42.33%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 10.8g (3.93%), Sugar: 2.76g (3.06%), Cholesterol: 28.63mg (9.54%), Sodium: 251.91mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.21%), Fiber: 9.82g (39.26%), Folate: 127.15µg (31.79%), Vitamin K: 30.07µg (28.64%), Magnesium: 110.95mg (27.74%), Vitamin C: 22.35mg (27.09%), Manganese: 0.53mg (26.41%), Copper: 0.42mg (21.2%), Potassium: 711.63mg (20.33%), Phosphorus: 189.41mg (18.94%), Iron: 2.64mg (14.64%), Vitamin A: 721.52IU (14.43%), Calcium: 120.89mg (12.09%), Vitamin B2: 0.2mg (11.63%), Vitamin B6: 0.22mg (11.18%), Vitamin E: 1.58mg (10.51%), Vitamin B3: 1.94mg (9.69%), Vitamin B1: 0.14mg (9.04%), Vitamin B5: 0.76mg (7.64%), Zinc: 1.06mg (7.08%), Selenium: 2.78µg (3.97%), Vitamin B12: 0.06µg (1.04%)