



Grilled Artichokes with Bacon and Rosemary Dip

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 6 medium artichokes fresh
- ☐ 4 strips bacon
- ☐ 1.5 tablespoons rosemary fresh chopped
- ☐ 2 lemons cut in half
- ☐ 1 cup mayonnaise
- ☐ 12 servings rosemary sprig fresh for garnish
- ☐ 0.3 cup cup heavy whipping cream sour

☐ 8 cups water

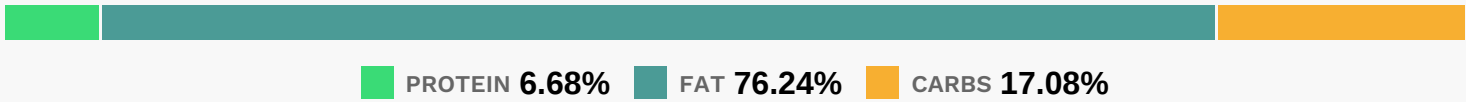
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ For the artichokes: Trim the artichokes by removing the outer 2 layers of leaves and cutting 1/2 inch off the top. In a large Dutch oven, combine the water and lemons. Bring to a boil over medium-high heat.
- ☐ Add 3 artichokes and boil for 7 minutes. Using a slotted spoon, remove the artichokes and drain. Repeat with the remaining 3 artichokes. Cool the artichokes and cut in half lengthwise. Scrape and discard the fuzzy choke from each artichoke half. Set the artichoke halves aside.
- ☐ For the dip: In a small skillet, cook the bacon until crisp, reserving 1 tablespoon bacon drippings. Crumble the bacon.
- ☐ In a medium serving bowl, combine the crumbled bacon, bacon drippings, mayonnaise, sour cream, and rosemary. Chill thoroughly.
- ☐ To serve: Spray a grill rack with nonstick, nonflammable cooking spray. Preheat the grill to medium-high heat. Arrange the artichokes, cut-side down, on the grill rack. Grill until tender, about 5 minutes on each side.
- ☐ Serve with the dip and garnish with a rosemary sprig.

Nutrition Facts



Properties

Glycemic Index:8.96, Glycemic Load:1.4, Inflammation Score:-5, Nutrition Score:7.9643477849338%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 8.41mg, Naringenin: 8.41mg, Naringenin: 8.41mg, Naringenin: 8.41mg Apigenin: 4.79mg, Apigenin: 4.79mg, Apigenin: 4.79mg, Apigenin: 4.79mg Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 203.94kcal (10.2%), Fat: 18.03g (27.73%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 4.95g (1.8%), Sugar: 1.35g (1.5%), Cholesterol: 15.51mg (5.17%), Sodium: 237.3mg (10.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.11%), Vitamin K: 39.97µg (38.07%), Vitamin C: 17.34mg (21.02%), Fiber: 4.14g (16.55%), Folate: 48.08µg (12.02%), Magnesium: 44.1mg (11.03%), Copper: 0.19mg (9.55%), Manganese: 0.18mg (9.19%), Potassium: 294.23mg (8.41%), Phosphorus: 79.43mg (7.94%), Iron: 1.08mg (6.02%), Vitamin B6: 0.12mg (5.79%), Vitamin E: 0.81mg (5.4%), Vitamin B1: 0.08mg (5.12%), Vitamin B3: 1mg (4.99%), Calcium: 48.23mg (4.82%), Vitamin B2: 0.07mg (3.84%), Vitamin B5: 0.35mg (3.49%), Selenium: 2.28µg (3.26%), Zinc: 0.48mg (3.21%), Vitamin A: 93.53IU (1.87%), Vitamin B12: 0.07µg (1.15%)