



Grilled Artichokes with Olive Oil, Lemon, and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 6 large artichokes
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 optional: lemon halved
- ☐ 0.7 cup olive oil extra virgin extra-virgin

Equipment

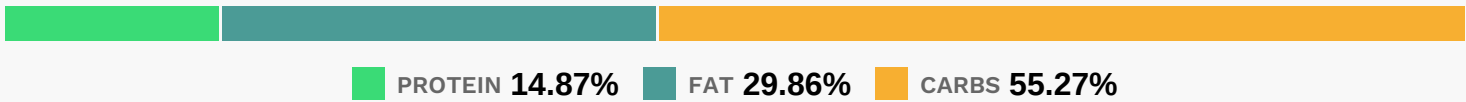
- ☐ bowl

- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ grill

Directions

- ☐ Squeeze juice from halved lemons into large bowl filled with cold water.
- ☐ Cut stem off 1 artichoke, leaving about 1 inch. Snap off outer 2 rows of leaves.
- ☐ Cut off top 1/3 of artichoke. Quarter artichoke lengthwise. Using small knife, cut out choke and prickly small leaves.
- ☐ Place artichoke in lemon water. Repeat with remaining artichokes.
- ☐ Bring large pot of salted water to boil.
- ☐ Drain artichokes, add to pot, and boil until crisp-tender, about 15 minutes.
- ☐ Drain.
- ☐ Transfer artichokes to rack and cool. (Can be prepared 1 day ahead. Cover and refrigerate.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk oil, 1/3 cup lemon juice, and mint in small bowl. Season dressing to taste with salt and pepper.
- ☐ Brush artichokes with dressing. Grill until tender and lightly charred in spots, turning occasionally, about 8 minutes.
- ☐ Transfer artichokes to platter.
- ☐ Drizzle with some of remaining dressing.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:3.25, Inflammation Score:-7, Nutrition Score:14.51217392994%

Flavonoids

Eriodictyol: 9.12mg, Eriodictyol: 9.12mg, Eriodictyol: 9.12mg, Eriodictyol: 9.12mg Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 20.64mg, Naringenin: 20.64mg, Naringenin: 20.64mg, Naringenin: 20.64mg Apigenin: 12.27mg, Apigenin: 12.27mg, Apigenin: 12.27mg, Apigenin: 12.27mg Luteolin: 4.76mg, Luteolin: 4.76mg, Luteolin: 4.76mg, Luteolin: 4.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 133.74kcal (6.69%), Fat: 5.21g (8.01%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 11.69g (4.25%), Sugar: 2.85g (3.16%), Cholesterol: 0mg (0%), Sodium: 154.01mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.67%), Vitamin C: 44.08mg (53.42%), Fiber: 10g (39.99%), Folate: 119.68µg (29.92%), Magnesium: 102.89mg (25.72%), Vitamin K: 26.87µg (25.59%), Manganese: 0.46mg (22.83%), Copper: 0.4mg (19.9%), Potassium: 677.32mg (19.35%), Phosphorus: 154.47mg (15.45%), Iron: 2.45mg (13.64%), Vitamin B6: 0.23mg (11.31%), Vitamin B1: 0.14mg (9.09%), Vitamin B3: 1.79mg (8.93%), Calcium: 87.58mg (8.76%), Vitamin B2: 0.12mg (7.22%), Vitamin E: 1.07mg (7.16%), Vitamin B5: 0.64mg (6.42%), Zinc: 0.85mg (5.67%), Vitamin A: 135.99IU (2.72%)