



## Grilled Artichokes with Smoked Tomato-Ancho Chile Mayonnaise

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 4 large globe artichokes
- 1 teaspoon pepper black freshly ground
- 4 tablespoons butter
- 0.5 cup mayonnaise
- 2 teaspoons salt
- 0.3 cup hitching post tomato pesto smoked

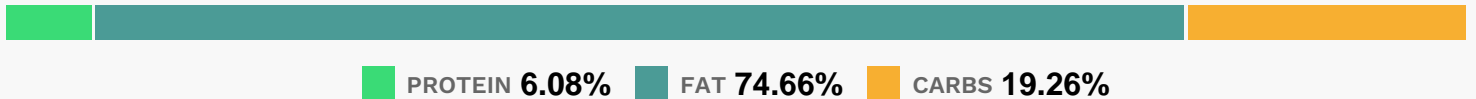
### Equipment

- bowl
- pot
- grill
- kitchen scissors

## Directions

- Trim artichokes with scissors to remove leaves' sharp edges. Bring 1 to 2 inches of water to boil in a large pot.
- Add artichokes, and steam 30 minutes or until inside leaves and heart are tender.
- Drain and cool slightly.
- Cut each artichoke in half. Snip around fuzzy thistle (choke), and remove with a spoon. Grill artichoke halves 8 to 10 minutes or until hot, basting with butter and sprinkling with salt and pepper.
- Combine pesto and mayonnaise in a small bowl; serve on the side.
- \*Note: You can purchase the Smoked Tomato Pesto at [hitchingpost.com](http://hitchingpost.com). To make a similar version, combine 1 teaspoon chopped chipotle pepper in adobo sauce and 1 tablespoon minced sun-dried tomatoes in oil.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:1.4, Inflammation Score:-5, Nutrition Score:7.5960869050544%

## Flavonoids

Naringenin: 10.13mg, Naringenin: 10.13mg, Naringenin: 10.13mg, Naringenin: 10.13mg Apigenin: 6.06mg, Apigenin: 6.06mg, Apigenin: 6.06mg, Apigenin: 6.06mg Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg

## Nutrients (% of daily need)

Calories: 196.57kcal (9.83%), Fat: 17.02g (26.19%), Saturated Fat: 5.45g (34.09%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 5.2g (1.89%), Sugar: 1.51g (1.67%), Cholesterol: 21.55mg (7.18%), Sodium: 862.69mg (37.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Vitamin K: 35.71µg (34.01%), Fiber: 4.69g (18.74%), Folate: 56.03µg (14.01%), Magnesium: 49.32mg (12.33%), Manganese: 0.24mg (12.09%), Vitamin C: 9.77mg (11.84%), Copper: 0.19mg (9.68%), Potassium: 307.62mg (8.79%), Phosphorus: 77.92mg (7.79%), Iron: 1.19mg (6.59%),

Vitamin E: 0.78mg (5.19%), Vitamin A: 245.91IU (4.92%), Vitamin B6: 0.1mg (4.8%), Calcium: 47.41mg (4.74%),  
Vitamin B3: 0.85mg (4.27%), Vitamin B1: 0.06mg (4.02%), Vitamin B2: 0.06mg (3.47%), Vitamin B5: 0.31mg  
(3.09%), Zinc: 0.43mg (2.86%)