



Grilled Baby Artichokes with Caper-Mint Sauce



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 6 fillet anchovy dry minced drained
- ☐ 12 baby artichokes ()
- ☐ 2.5 tablespoons capers rinsed drained finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mint leaves finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon citrus champagne vinegar

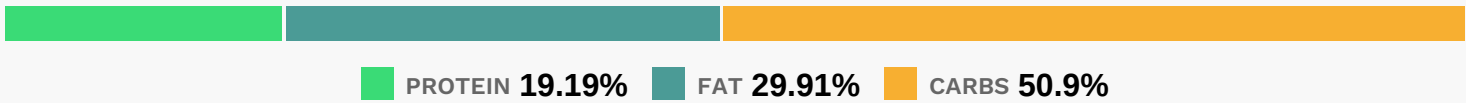
Equipment

- ☐ bowl
- ☐ pot
- ☐ grill

Directions

- ☐ Combine 1 qt cold water and lemon juice in a large bowl. Working with 1 artichoke at a time, bend back outer leaves until they snap off close to base and discard several more layers of leaves in same manner until exposed leaves are pale green at top and pale yellow at base. Trim pointed tips of leaves with kitchen shears, then cut a thin slice from end of stem to expose a fresh cross section. Trim dark green fibrous parts from base and stem of artichoke, being careful not to break off stem. Halve artichoke lengthwise.
- ☐ Remove fuzzy center and any pointed inner leaves. Put in bowl of lemon water.
- ☐ Drain artichokes, then cook in a large pot of boiling salted water (1 Tbsp salt for 5 qt water) until tender, about 8 minutes.
- ☐ Drain and transfer to an ice bath to stop cooking.
- ☐ Drain well.
- ☐ Prepare a grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas).
- ☐ Toss artichokes with oil in a bowl. Oil grill rack, then grill artichokes, cut sides down, covered only if using a gas grill, turning once, until golden brown in spots, 6 to 8 minutes.
- ☐ Serve drizzled with sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:5.3839129701905%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 125.42kcal (6.27%), Fat: 4.91g (7.56%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 9.37g (3.41%), Sugar: 3.14g (3.49%), Cholesterol: 2.4mg (0.8%), Sodium: 309.86mg (13.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.19%), Fiber: 9.44g (37.78%), Vitamin A: 1604.5IU (32.09%), Iron: 3.04mg (16.89%), Calcium: 71.62mg (7.16%), Vitamin C: 5.12mg (6.21%), Vitamin E: 0.73mg (4.85%), Vitamin K: 3.63µg (3.46%), Vitamin B3: 0.62mg (3.08%), Selenium: 1.5µg (2.15%), Manganese: 0.03mg (1.45%), Copper: 0.03mg (1.39%), Vitamin B2: 0.02mg (1.19%), Magnesium: 4.49mg (1.12%)