



 **17%**
HEALTH SCORE

Grilled Lemon Garlic Artichokes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients

- 2 large artichokes fresh
- 1 tsp thyme sprigs fresh chopped
- 1 tsp garlic chopped
- 4 servings pepper fresh black to taste
- 1 tablespoon herbs like: thym fresh chopped
- 1 tablespoon herbs like: thym fresh chopped
- 4 servings kosher salt to taste
- 1 optional: lemon cut into wedges

- 1 lemon zest juiced
- 0.3 cup olive oil

Equipment

- bowl
- knife
- pot
- grill
- microwave
- kitchen scissors
- peeler

Directions

- Place chopped thyme, lemon juice and zest and garlic in a glass bowl. Microwave on high heat for 30 seconds then let the herbs seep in the warm olive oil while you prepare the artichokes. Prepare a large pot with an inch of water at the bottom and a steamer rack. Prepare the artichokes. Have lemon wedges ready. If you want a nice presentation, use scissors to snip away the pointy tips of the artichoke leaves. As you trim the artichokes, rub the cut areas with juice from the lemon wedges to prevent the artichokes from turning brown. Use a vegetable peeler to cut away the thick outer layer of the artichoke stems. Trim the stems to 2 inches from the base of the artichoke.
- Cut off and discard the top 1/2 inch of the artichokes.
- Cut the artichokes in half. Use a strong metal spoon to scoop out the fuzzy chokes and the small inner artichoke leaves. Rub lemon juice all over the inside and exposed cut areas of the artichokes.
- Heat the water in the large pot with a steamer rack on high. When it comes to a boil, reduce the heat to medium high and place the artichoke halves, cut side down on the steam rack. Cover. Steam for 20 minutes or until you can easily pull off the outer leaves, and you can pierce the heart easily with a knife. The artichokes can be just a tiny bit less cooked than would be typically perfect for steamed artichokes, as you will be cooking them further on the grill. Prepare your grill for direct, high heat. Toss the artichokes in the garlic, lemon and thyme infused oil coating liberally.
- Sprinkle artichokes with salt and pepper.

Place the artichoke halves cut-side-down on the grill grates. Cover, and grill for 5 to 10 minutes, until you have nice grill mark on the cut sides of the artichokes.

Nutrition Facts

PROTEIN 5.5% **FAT 73.6%** **CARBS 20.9%**

Properties

Glycemic Index:76.13, Glycemic Load:1.87, Inflammation Score:-6, Nutrition Score:9.0226086956522%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 10.27mg, Naringenin: 10.27mg, Naringenin: 10.27mg, Naringenin: 10.27mg Apigenin: 6.08mg, Apigenin: 6.08mg, Apigenin: 6.08mg, Apigenin: 6.08mg Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 207.45kcal (10.37%), Fat: 18.22g (28.04%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 6.27g (2.28%), Sugar: 1.55g (1.72%), Cholesterol: 0mg (0%), Sodium: 271.12mg (11.79%), Protein: 3.07g (6.13%), Vitamin C: 26.44mg (32.05%), Vitamin K: 27.15µg (25.86%), Fiber: 5.37g (21.49%), Vitamin E: 2.8mg (18.67%), Folate: 59.05µg (14.76%), Magnesium: 52.3mg (13.07%), Manganese: 0.26mg (12.77%), Copper: 0.21mg (10.35%), Potassium: 347.88mg (9.94%), Phosphorus: 79.4mg (7.94%), Iron: 1.4mg (7.79%), Vitamin B6: 0.13mg (6.47%), Calcium: 49.26mg (4.93%), Vitamin B1: 0.07mg (4.8%), Vitamin B3: 0.9mg (4.49%), Vitamin B2: 0.06mg (3.69%), Vitamin B5: 0.34mg (3.38%), Zinc: 0.44mg (2.92%), Vitamin A: 80.08IU (1.6%)