



How to Grill Artichokes



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 3 artichokes
- ☐ 0.1 cup grapeseed oil or any oil with a high smoke point
- ☐ 1 optional: lemon
- ☐ 12 servings salt and pepper
- ☐ 12 servings sharp cheddar cheese with lid, steaming basket, pastry brush, tongs, grill

Equipment

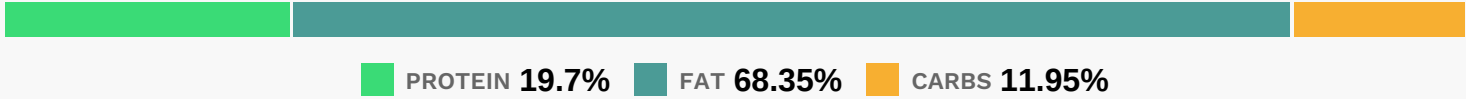
- ☐ pot
- ☐ grill

- ☐ tongs
- ☐ serrated knife
- ☐ pastry brush
- ☐ chefs knife
- ☐ steamer basket
- ☐ melon baller

Directions

- ☐ Save Recipe
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- ☐ How to Grill Artichokes
- ☐ Ingredients3 Artichokes1 Lemon1/8 cup grapeseed oil, or any oil with a high smoke point
- ☐ Salt and pepper
- ☐ You will also need
- ☐ Serrated knife or sharp chef's knife, melon baller, large pot with lid, steaming basket, pastry brush, tongs, grill
- ☐ Total Time: 75 – 90 Minutes
- ☐ Servings: 6 artichoke halves or 12 artichoke quarters
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:11.54, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:6.6117392000945%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 4.05mg, Naringenin: 4.05mg, Naringenin: 4.05mg, Naringenin: 4.05mg Apigenin: 2.39mg, Apigenin: 2.39mg, Apigenin: 2.39mg, Apigenin: 2.39mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 160.12kcal (8.01%), Fat: 12.55g (19.3%), Saturated Fat: 5.99g (37.46%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.64g (0.71%), Cholesterol: 30mg (10%), Sodium: 420.25mg (18.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.27%), Calcium: 228.64mg (22.86%), Phosphorus: 167.64mg (16.76%), Selenium: 8.59µg (12.27%), Vitamin C: 8.51mg (10.32%), Vitamin B2: 0.16mg (9.13%), Zinc: 1.26mg (8.42%), Fiber: 1.98g (7.92%), Folate: 29.05µg (7.26%), Magnesium: 28.02mg (7.01%), Vitamin E: 0.95mg (6.36%), Vitamin A: 306.74IU (6.13%), Vitamin B12: 0.32µg (5.3%), Vitamin K: 5.46µg (5.2%), Manganese: 0.09mg (4.41%), Potassium: 153.96mg (4.4%), Copper: 0.09mg (4.37%), Vitamin B6: 0.06mg (3.25%), Iron: 0.51mg (2.85%), Vitamin B5: 0.25mg (2.49%), Vitamin B1: 0.04mg (2.36%), Vitamin B3: 0.36mg (1.8%), Vitamin D: 0.18µg (1.2%)