

Killer Artichokes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 2 artichokes halved
- ☐ 0.5 cup butter
- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon salt
- ☐ 1 shallots chopped

Equipment

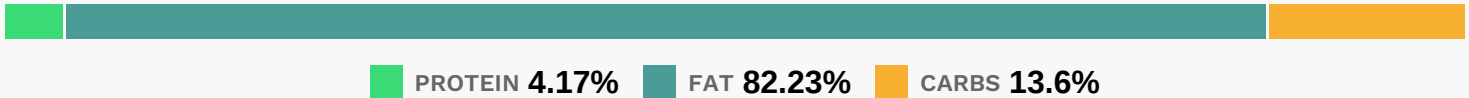
- ☐ frying pan

- ☐ pot
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for low heat.
- ☐ Meanwhile, bring a large pot of water to a boil.
- ☐ Place the artichokes into the boiling water, and season with salt and pepper. Throw in half of the garlic, and half of the shallot. Boil for about 30 minutes, or until a fork is easily inserted into the stem of the artichokes.
- ☐ Drain and set aside.
- ☐ Melt the butter in a small pan over medium heat, and stir in the remaining garlic and shallot. Cook just until fragrant, then remove from the heat.
- ☐ Place the artichoke halves onto the preheated grill.
- ☐ Brush some of the melted butter onto them. Cook for 5 to 10 minutes, brushing with butter occasionally, until lightly toasted.
- ☐ Serve with remaining butter as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.51, Inflammation Score:-6, Nutrition Score:6.4852174183597%

Flavonoids

Naringenin: 8mg, Naringenin: 8mg, Naringenin: 8mg, Naringenin: 8mg Apigenin: 4.79mg, Apigenin: 4.79mg, Apigenin: 4.79mg, Apigenin: 4.79mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 241.52kcal (12.08%), Fat: 23.14g (35.6%), Saturated Fat: 14.62g (91.36%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 4.8g (1.74%), Sugar: 1.16g (1.29%), Cholesterol: 61.01mg (20.34%), Sodium: 825.09mg (35.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Fiber: 3.81g (15.26%), Vitamin A: 720.53IU (14.41%), Manganese: 0.27mg (13.62%), Vitamin K: 12.35µg (11.76%), Folate: 46.63µg (11.66%), Magnesium: 41.53mg

(10.38%), Vitamin C: 8.46mg (10.25%), Copper: 0.16mg (8.25%), Potassium: 277.27mg (7.92%), Phosphorus: 71.25mg (7.12%), Vitamin B6: 0.12mg (5.84%), Iron: 0.98mg (5.44%), Vitamin E: 0.79mg (5.26%), Calcium: 42.57mg (4.26%), Vitamin B1: 0.05mg (3.65%), Vitamin B3: 0.71mg (3.55%), Vitamin B2: 0.06mg (3.28%), Vitamin B5: 0.28mg (2.82%), Zinc: 0.39mg (2.59%), Selenium: 0.73µg (1.04%)