



Lady Peas with Artichoke Hearts



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



198 kcal

SIDE DISH

Ingredients



12 medium artichokes



0.3 teaspoon pepper black



2 cups less-sodium chicken broth fat-free



4 cups less-sodium chicken broth fat-free



1 tablespoon parsley fresh finely chopped



2 garlic cloves minced



3 tablespoons juice of lemon fresh



6 tablespoons juice of lemon fresh divided

- ☐ 2 teaspoons olive oil
- ☐ 4.5 cups lady peas fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 1 cup shallots sliced
- ☐ 2 cups water
- ☐ 4 cups water

Equipment

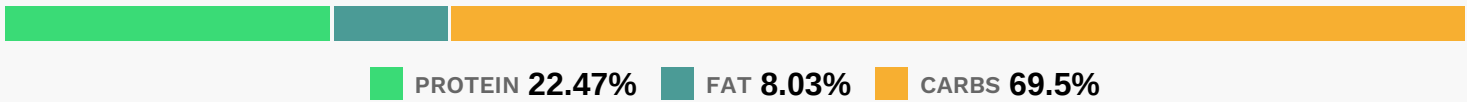
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ To prepare artichokes, combine 2 cups water and 3 tablespoons lemon juice in a bowl.
- ☐ Cut off stem of each artichoke to within 1 inch of base; peel stem.
- ☐ Remove bottom leaves and tough outer leaves of each artichoke, leaving tender heart and bottom.
- ☐ Remove fuzzy thistle from bottom with a spoon.
- ☐ Cut each artichoke into quarters lengthwise.
- ☐ Place artichoke quarters in lemon water, and drain.
- ☐ Combine 4 cups broth, 1/4 teaspoon salt, and 3 tablespoons lemon juice in a medium saucepan; bring to a boil.
- ☐ Add artichoke quarters; cook 20 minutes or until tender.
- ☐ Drain through a fine sieve over a bowl, reserving artichokes and 1/2 cup cooking liquid. Cover and set aside.
- ☐ To prepare peas, combine 4 cups water, 2 cups broth, and peas in a medium saucepan; bring to a boil over medium-high heat. Reduce heat; simmer, partially covered, 30 minutes or until peas are tender.

- ☐ Drain.
- ☐ Heat oil in a nonstick skillet over medium–high heat.
- ☐ Add shallots; saut 3 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Add 1/2 cup reserved cooking liquid, artichokes, peas, 3/4 teaspoon salt, and pepper. Bring to a boil, and cook 1 minute. Stir in 3 tablespoons lemon juice and parsley.

Nutrition Facts



Properties

Glycemic Index:25.04, Glycemic Load:7.57, Inflammation Score:–9, Nutrition Score:26.739565268807%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 2.44mg, Hesperetin: 2.44mg, Hesperetin: 2.44mg, Hesperetin: 2.44mg Naringenin: 24.23mg, Naringenin: 24.23mg, Naringenin: 24.23mg, Naringenin: 24.23mg Apigenin: 15.44mg, Apigenin: 15.44mg, Apigenin: 15.44mg, Apigenin: 15.44mg Luteolin: 4.42mg, Luteolin: 4.42mg, Luteolin: 4.42mg, Luteolin: 4.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 198.42kcal (9.92%), Fat: 1.98g (3.05%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 22.55g (8.2%), Sugar: 9.55g (10.61%), Cholesterol: 0mg (0%), Sodium: 1184.6mg (51.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.97%), Vitamin C: 64.88mg (78.65%), Fiber: 16.06g (64.25%), Vitamin K: 57.8µg (55.04%), Folate: 199.5µg (49.88%), Manganese: 0.96mg (47.75%), Magnesium: 153.37mg (38.34%), Copper: 0.68mg (34.03%), Potassium: 1083.32mg (30.95%), Phosphorus: 300.25mg (30.02%), Vitamin B1: 0.39mg (26.06%), Vitamin B6: 0.5mg (25.21%), Iron: 4.32mg (24.01%), Vitamin B3: 4.75mg (23.75%), Vitamin B2: 0.28mg (16.47%), Zinc: 2.15mg (14.31%), Vitamin A: 693.64IU (13.87%), Calcium: 131.47mg (13.15%), Vitamin B5: 1.05mg (10.53%), Selenium: 6.08µg (8.69%), Vitamin B12: 0.34µg (5.67%), Vitamin E: 0.66mg (4.38%)