



Lemon Artichokes and Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

Ingredients

- 3 artichokes whole
- 1 eggs beaten
- 1 tablespoon mint leaves fresh chopped
- 1 clove garlic chopped
- 1 pinch ground pepper black
- 1 juice of lemon juiced
- 2 tablespoons olive oil
- 0.3 pinch salt

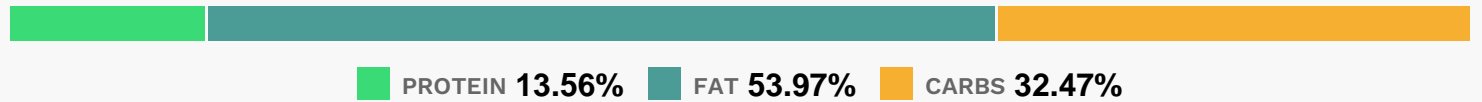
Equipment

- frying pan

Directions

- Trim artichoke stems, cut away leaves, and remove the fibrous portion at the center of the artichoke, leaving the heart. Slice the hearts.
- Heat olive oil in a skillet over medium heat; cook and stir artichoke slices and garlic until garlic just begins to turn golden, about 5 minutes. Stir in lemon juice, mint, salt, and black pepper; continue to cook until artichoke slices are tender. Spoon a little water into skillet if juices evaporate.
- Pour beaten egg into the skillet and scramble gently until egg is set and not runny, 2 or 3 minutes; serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.64, Inflammation Score:-5, Nutrition Score:8.9573912776035%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 12.1mg, Naringenin: 12.1mg, Naringenin: 12.1mg, Naringenin: 12.1mg Apigenin: 7.25mg, Apigenin: 7.25mg, Apigenin: 7.25mg, Apigenin: 7.25mg Luteolin: 2.37mg, Luteolin: 2.37mg, Luteolin: 2.37mg, Luteolin: 2.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 126.44kcal (6.32%), Fat: 8.22g (12.65%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 5.81g (2.11%), Sugar: 1.19g (1.32%), Cholesterol: 40.92mg (13.64%), Sodium: 109.02mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Fiber: 5.33g (21.31%), Folate: 73.4µg (18.35%), Vitamin C: 14.77mg (17.9%), Vitamin K: 18.51µg (17.63%), Magnesium: 60.6mg (15.15%), Manganese: 0.28mg (14.01%), Copper: 0.24mg (11.88%), Potassium: 388.63mg (11.1%), Phosphorus: 110.88mg (11.09%), Vitamin E: 1.32mg (8.79%), Iron: 1.55mg (8.58%), Vitamin B6: 0.14mg (7.22%), Vitamin B2: 0.12mg (7%), Calcium: 53.43mg (5.34%), Selenium: 3.68µg (5.26%), Vitamin B3: 1.05mg (5.23%), Vitamin B1: 0.08mg (5.19%), Vitamin B5: 0.51mg (5.12%), Zinc: 0.64mg (4.26%), Vitamin A: 125.63IU (2.51%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)