



Lemon-Studded Artichokes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



489 kcal

SIDE DISH

Ingredients

- 2 medium artichokes
- 0.5 cup butter melted
- 2 garlic clove minced
- 1 medium optional: lemon sliced
- 1 tablespoon juice of lemon

Equipment

- knife
- microwave

kitchen scissors

Directions

- Rinse artichokes well; trim stems. With scissors, snip 1 in. off the tops. Snip the tip end from each leaf.
- Brush cut edges with the lemon juice.
- Spread artichokes leaves open. Using a small knife, carefully cut around each center choke. Scoop out and discard the fuzzy centers.
- Cut each of the lemon slices into six wedges; place between artichoke leaves.
- Place artichokes in an 8-in. microwave-safe dish.
- Combine butter and garlic; pour over artichokes.
- Cover and microwave on high for 10–12 minutes or until artichokes are tender.
- Let stand for 5 minutes.
- Serve with garlic butter from the dish.

Nutrition Facts

  
 PROTEIN **4.22%**  FAT **80.37%**  CARBS **15.41%**

Properties

Glycemic Index:68.75, Glycemic Load:3.29, Inflammation Score:-8, Nutrition Score:14.550434915916%

Flavonoids

Eriodictyol: 11.9mg, Eriodictyol: 11.9mg, Eriodictyol: 11.9mg, Eriodictyol: 11.9mg Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg, Hesperetin: 16.15mg Naringenin: 16.4mg, Naringenin: 16.4mg, Naringenin: 16.4mg, Naringenin: 16.4mg Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg Luteolin: 3.97mg, Luteolin: 3.97mg, Luteolin: 3.97mg, Luteolin: 3.97mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 488.84kcal (24.44%), Fat: 46.41g (71.4%), Saturated Fat: 29.24g (182.76%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 11.52g (4.19%), Sugar: 2.87g (3.19%), Cholesterol: 122.01mg (40.67%), Sodium: 486.89mg (21.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Vitamin C: 47.43mg (57.5%), Fiber: 8.51g (34.04%), Vitamin A: 1447.42IU (28.95%), Folate: 96.27µg (24.07%), Vitamin K: 22.97µg (21.87%),

Magnesium: 83.46mg (20.86%), Manganese: 0.39mg (19.75%), Potassium: 581.49mg (16.61%), Copper: 0.33mg (16.29%), Phosphorus: 142.65mg (14.26%), Vitamin B6: 0.23mg (11.7%), Iron: 2.03mg (11.28%), Vitamin E: 1.65mg (11.03%), Calcium: 89.86mg (8.99%), Vitamin B1: 0.12mg (8.29%), Vitamin B3: 1.44mg (7.22%), Vitamin B2: 0.12mg (7%), Vitamin B5: 0.63mg (6.25%), Zinc: 0.75mg (4.99%), Selenium: 1.47µg (2.1%), Vitamin B12: 0.1µg (1.61%)