

Lemony Artichoke and Onion Gratin

READY IN



60 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

Ingredients

- 4 tablespoons olive oil
- 1 large onion yellow cut into 1/4 " slices
- 30 ounce artichoke hearts rinsed drained canned
- 1 large garlic clove minced
- 1 teaspoon optional: lemon shredded finely
- 1 cup wine dry white
- 3 tablespoons parsley snipped
- 1 teaspoon herbs de provence
- 1 serving kosher salt

- 1 serving pepper fresh
- 0.5 cup breadcrumbs
- 0.5 cup mozzarella cheese shredded
- 0.3 cup parmesan cheese grated

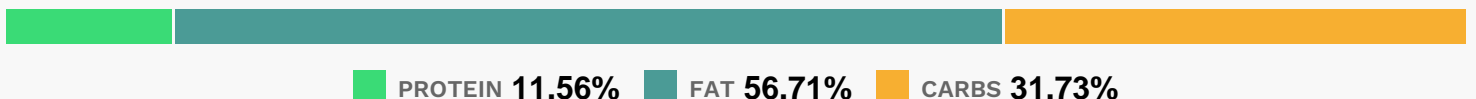
Equipment

- bowl
- frying pan
- oven

Directions

- Butter-spray 1 1/2 quart au gratin dish.
- In a large saute pan, heat 2 tablespoons of olive oil over medium heat.
- Add onion, stirring occasionally, until beginning to carmelize, 5-10 minutes.
- Add artichokes, garlic, and lemon peel and cook 1 minute.
- Add wine, parsley, and herbes de Provence: bring to boil. Reduce by half, about 10 minutes. Season with salt and pepper.
- TOPPING.
- Combine breadcrumbs and cheeses in a small bowl.
- Drizzle remaining olive oil over crumb mixture; toss until breadcrumbs have absorbed all oil. Season with more pepper.
- Preheat oven to 350 degrees.
- Transfer artichoke mixture to prepared dish.
- Sprinkle with topping.
- Bake at 350 degrees 20-30 minutes or until cheese is melted and top is golden.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:31.42, Glycemic Load:0.81, Inflammation Score:-5, Nutrition Score:7.1547826269399%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 241.32kcal (12.07%), Fat: 13.12g (20.19%), Saturated Fat: 3.29g (20.55%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 13.34g (4.85%), Sugar: 3.24g (3.6%), Cholesterol: 11mg (3.67%), Sodium: 757.49mg (32.93%), Alcohol: 4.12g (100%), Alcohol %: 2.16% (100%), Protein: 6.02g (12.03%), Vitamin K: 42.45µg (40.43%), Fiber: 3.18g (12.71%), Calcium: 117mg (11.7%), Manganese: 0.2mg (9.76%), Vitamin E: 1.42mg (9.5%), Phosphorus: 91.17mg (9.12%), Selenium: 5.56µg (7.95%), Vitamin B1: 0.11mg (7.23%), Vitamin C: 5.18mg (6.28%), Iron: 1.05mg (5.85%), Vitamin A: 274.77IU (5.5%), Vitamin B2: 0.09mg (5.48%), Vitamin B12: 0.3µg (5.01%), Folate: 19.29µg (4.82%), Zinc: 0.71mg (4.75%), Vitamin B6: 0.08mg (3.87%), Magnesium: 15.28mg (3.82%), Vitamin B3: 0.72mg (3.61%), Potassium: 113.2mg (3.23%), Copper: 0.04mg (2.17%), Vitamin B5: 0.14mg (1.38%)