



Marinated Artichoke Hearts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup apple cider vinegar
- 30 servings olive oil extra virgin
- 7 bay leaves fresh
- 3 cups artichoke hearts frozen quartered (one and a half 9-ounce packages)
- 6 strips lemon zest fresh
- 0.8 teaspoon pepper flakes hot
- 1 teaspoon salt

Equipment

sauce pan

Directions

- In large saucepan, combine cider vinegar, salt, four bay leaves, 3 strips lemon zest, and 1 cup of water. Bring to simmer over medium heat.
- Add artichoke hearts and simmer just until tender, about 3 to 5 minutes.
- Drain artichokes, discard bay leaves and lemon zest.
- While artichokes are still warm, divide them between 3 clean, dry 8-ounce jars.
- Add 1 bay leaf, one strip of lemon zest, and 1/4 teaspoon hot pepper flakes to each jar. Cover artichokes completely with olive oil. Set aside, uncovered, until artichokes are cool. Seal jars and store artichokes in refrigerator for up to 2 months.

Nutrition Facts

 **PROTEIN 1.83%** **FAT 92.43%** **CARBS 5.74%**

Properties

Glycemic Index:2.83, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.313478247627%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 134.64kcal (6.73%), Fat: 14.1g (21.7%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.05g (0.05%), Cholesterol: 0mg (0%), Sodium: 89.34mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin E: 2.02mg (13.45%), Vitamin K: 8.45µg (8.04%), Folate: 29.91µg (7.48%), Manganese: 0.08mg (3.98%), Fiber: 0.95g (3.81%), Vitamin C: 1.7mg (2.06%), Vitamin B2: 0.03mg (1.97%), Potassium: 65.49mg (1.87%), Magnesium: 6.88mg (1.72%), Phosphorus: 14.46mg (1.45%), Iron: 0.23mg (1.26%), Vitamin B6: 0.02mg (1.04%), Vitamin B3: 0.21mg (1.03%)