



## Marinated Artichokes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



170 kcal

SIDE DISH

### Ingredients

- 4 pounds baby artichokes
- 0.5 teaspoon chili flakes hot
- 3 cloves garlic peeled coarsely chopped
- 4 oz optional: lemon
- 0.3 cup olive oil extra-virgin
- 1 tablespoon orange peel grated
- 2 tablespoons parsley italian chopped
- 1 teaspoon cracked peppercorns black

- 0.5 teaspoon salt
- 2 tablespoons sherry vinegar

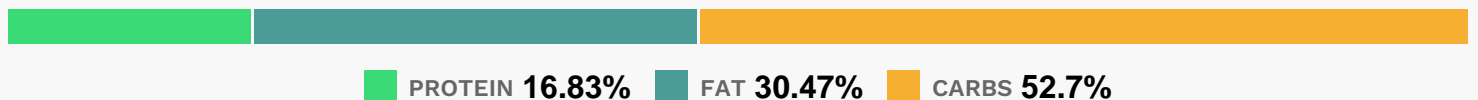
## Equipment

- bowl
- frying pan

## Directions

- Grate peel from lemon and reserve; you should have about 1 tablespoon.
- Cut lemon in half and squeeze juice into a large bowl, discarding any seeds; fill bowl halfway with water.
- Break off artichokes' coarse green outer leaves down to tender yellow inner leaves (easily pierced with your fingernail).
- Cut off thorny tips and pare away fibrous green layers from bottoms.
- Cut each artichoke into quarters lengthwise; with a spoon, scoop out and discard fuzzy centers.
- Cut quarters into 1/2-inch wedges (if using baby artichokes, leave quarters whole). As you work, drop pieces into bowl with water and lemon juice.
- Drain artichokes. In a 10- to 12-inch nonstick frying pan over medium-high heat, stir 2 tablespoons olive oil, garlic, grated lemon and orange peel, and chili flakes until mixture is fragrant, about 2 minutes. Stir in artichokes, 1/2 teaspoon salt, and cracked pepper. Reduce heat to medium and pour in 1/2 cup water; cover and cook until water has been absorbed and artichokes are tender when pierced, about 15 minutes.
- Remove from heat and stir in vinegar and remaining 2 tablespoons olive oil.
- Pour into a shallow bowl and let cool to room temperature. Before serving, stir in parsley and add more salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:14.94, Glycemic Load:0.42, Inflammation Score:-8, Nutrition Score:8.0486955279889%

## Flavonoids

Eriodictyol: 3.03mg, Eriodictyol: 3.03mg, Eriodictyol: 3.03mg, Eriodictyol: 3.03mg Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 170.14kcal (8.51%), Fat: 6.84g (10.53%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 13.67g (4.97%), Sugar: 4.47g (4.97%), Cholesterol: 0mg (0%), Sodium: 432.49mg (18.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.02%), Fiber: 12.96g (51.85%), Vitamin A: 2155.97IU (43.12%), Iron: 3.93mg (21.84%), Vitamin K: 21.52µg (20.49%), Vitamin C: 14.77mg (17.9%), Calcium: 90.92mg (9.09%), Vitamin E: 1.06mg (7.05%), Manganese: 0.1mg (4.95%), Vitamin B6: 0.03mg (1.59%), Potassium: 42.51mg (1.21%)