



Nonna's Artichokes

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

241 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons anchovy paste
- ☐ 3 medium artichokes trimmed halved lengthwise
- ☐ 1 cup olives black pitted coarsely chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup breadcrumbs plain
- ☐ 6 servings butter for greasing the baking dish
- ☐ 2 tablespoons capers drained and rinsed
- ☐ 3 cloves garlic peeled
- ☐ 0.3 teaspoon kosher salt

- ☐ 1 large optional: lemon halved
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup parmesan grated

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ broiler
- ☐ colander
- ☐ glass baking pan

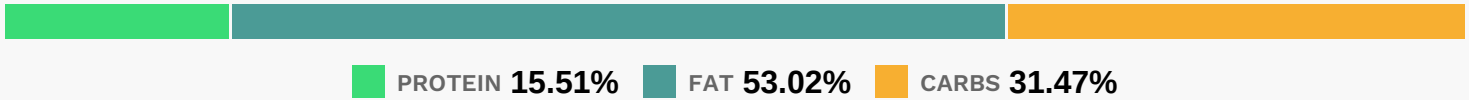
Directions

- ☐ Watch how to make this recipe.
- ☐ Butter a 9-by-13-inch glass baking dish. Set aside.
- ☐ Bring a large stockpot of salted water to a boil over high heat. Rub the cut sides of the artichokes with the lemon halves. Squeeze the juice from the lemon halves into the water and add the lemon shells.
- ☐ Add the artichoke halves, cover and cook until just tender, 15 to 20 minutes.
- ☐ Drain in a colander, stem sides facing upwards, to allow any excess water to drain out from the leaves.
- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add the garlic and cook until golden brown, 2 to 3 minutes.
- ☐ Remove the garlic and discard.
- ☐ Remove the pan from the heat and let the oil cool slightly.
- ☐ Whisk in the anchovy paste until smooth. Return the pan to the heat and place the artichokes, cut-side down, in the pan. Cook for 6 minutes. Turn the artichokes over and cook until tender, 6 minutes longer.

- ☐
- Remove the artichokes and reserve the pan juices.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:11.970434753791%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 8.1mg, Naringenin: 8.1mg, Naringenin: 8.1mg, Naringenin: 8.1mg Apigenin: 4.8mg, Apigenin: 4.8mg, Apigenin: 4.8mg, Apigenin: 4.8mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 241.45kcal (12.07%), Fat: 14.93g (22.96%), Saturated Fat: 5.27g (32.93%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 14.49g (5.27%), Sugar: 2.14g (2.38%), Cholesterol: 23.22mg (7.74%), Sodium: 1140.67mg (49.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.65%), Fiber: 5.45g (21.79%), Vitamin C: 17.61mg (21.35%), Calcium: 191.92mg (19.19%), Manganese: 0.34mg (17.05%), Phosphorus: 165.54mg (16.55%), Vitamin B3: 3.28mg (16.41%), Selenium: 11.43µg (16.32%), Folate: 63.07µg (15.77%), Magnesium: 58.81mg (14.7%), Vitamin K: 15.12µg (14.4%), Vitamin B1: 0.2mg (13.46%), Vitamin E: 1.96mg (13.08%), Copper: 0.26mg (13.07%), Iron: 2.23mg (12.38%), Potassium: 358.18mg (10.23%), Vitamin B2: 0.17mg (9.75%), Vitamin B6: 0.16mg (7.77%), Zinc: 0.99mg (6.57%), Vitamin A: 298.21IU (5.96%), Vitamin B5: 0.46mg (4.57%), Vitamin B12: 0.23µg (3.77%), Vitamin D: 0.18µg (1.18%)