



Olive Oil-Braised Artichokes and Soffrito



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 18 baby artichokes
- ☐ 1 bay leaf
- ☐ 1 carrots finely chopped
- ☐ 1 rib celery finely chopped
- ☐ 1 fennel bulb finely chopped
- ☐ 1 sprig rosemary fresh
- ☐ 3 lemons divided
- ☐ 2 cups olive oil extra-virgin

- ☐ 1 onion finely chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 gallon water

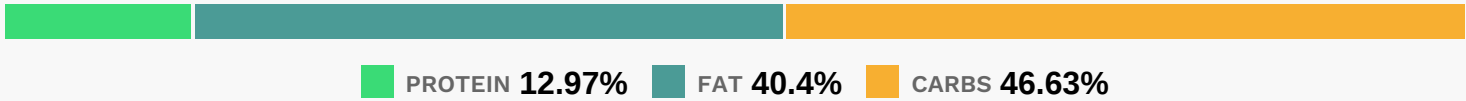
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cut 2 lemons in half; squeeze juice into water, and drop lemons in water. Peel tough outside leaves from artichokes.
- ☐ Cut off stem ends; trim about 1/2 inch from each top.
- ☐ Cut trimmed artichokes in half lengthwise; immediately place in prepared water.
- ☐ Heat olive oil in a large nonreactive pot over medium-low heat. Stir in fennel and next 5 ingredients. Slice remaining lemon, remove seeds, and place in fennel mixture. Stir in salt and pepper. Cover and cook 15 minutes.
- ☐ Drain artichokes, and add to fennel mixture. Cover and cook, stirring frequently, for 30 minutes or until artichokes are tender.
- ☐ Remove bay leaf. Season to taste with salt and pepper.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:34.72, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:15.285217285156%

Flavonoids

Eriodictyol: 11.96mg, Eriodictyol: 11.96mg, Eriodictyol: 11.96mg, Eriodictyol: 11.96mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin:

1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 281.7kcal (14.09%), Fat: 14.7g (22.62%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 38.17g (12.72%), Net Carbohydrates: 20.93g (7.61%), Sugar: 8.82g (9.8%), Cholesterol: 0mg (0%), Sodium: 578.86mg (25.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.24%), Vitamin A: 4072.46IU (81.45%), Fiber: 17.24g (68.97%), Vitamin C: 40.57mg (49.18%), Vitamin K: 36.8µg (35.05%), Iron: 4.88mg (27.1%), Vitamin E: 2.47mg (16.48%), Calcium: 152.76mg (15.28%), Potassium: 315.21mg (9.01%), Copper: 0.16mg (8.16%), Manganese: 0.16mg (7.95%), Folate: 24.36µg (6.09%), Magnesium: 21.37mg (5.34%), Vitamin B6: 0.1mg (5.17%), Phosphorus: 38.91mg (3.89%), Vitamin B1: 0.04mg (2.82%), Vitamin B5: 0.26mg (2.62%), Vitamin B2: 0.04mg (2.25%), Vitamin B3: 0.45mg (2.24%), Zinc: 0.24mg (1.61%)