



Oven-Braised Artichokes with Garlic

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

Ingredients

- 3.3 pounds artichokes
- 0.1 teaspoon pepper black
- 1 teaspoon bottled garlic minced
- 2 large lemons divided halved
- 2 tablespoons olive oil divided
- 4 teaspoons parmesan cheese fresh shredded finely
- 0.3 teaspoon salt
- 0.5 cup water

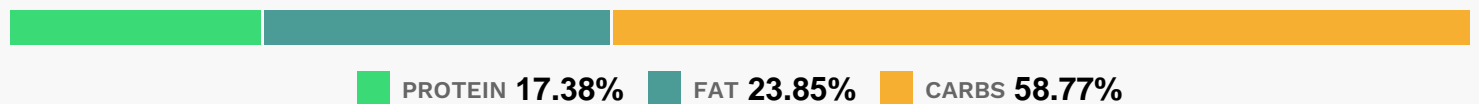
Equipment

- frying pan
- oven

Directions

- Preheat oven to 37
- Cut off stem of each artichoke to within 1 inch of base; peel stem.
- Remove bottom leaves and tough outer leaves, leaving tender heart and bottom. Trim tips of leaves to remove thorns.
- Cut each artichoke in half lengthwise.
- Remove fuzzy thistle from bottom of each half with a spoon. Immediately rub cut surfaces of artichokes with 1 lemon half.
- Heat 1 tablespoon oil in a large ovenproof stainless-steel skillet over medium-high heat.
- Place half of artichoke halves in pan, cut sides down; cook 2 minutes or until cut sides are browned and crusty.
- Remove from pan; set aside. Repeat procedure with remaining 1 tablespoon oil and remaining artichoke halves. Arrange all artichoke halves in pan. Squeeze 2 lemon halves over artichokes; add 1/2 cup water and garlic to pan. Cover and bake at 375 for 30 minutes or until a leaf near the center of each artichoke pulls out easily.
- Place artichokes on a serving platter, cut sides up.
- Pour any pan juices over artichokes; squeeze remaining lemon half over artichokes.
- Sprinkle with salt, pepper, and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:7.06, Inflammation Score:-9, Nutrition Score:29.898695670311%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 46.37mg, Naringenin: 46.37mg, Naringenin: 46.37mg, Naringenin: 46.37mg Apigenin: 27.57mg, Apigenin: 27.57mg, Apigenin: 27.57mg, Apigenin: 27.57mg Luteolin: 9.51mg, Luteolin: 9.51mg, Luteolin: 9.51mg, Luteolin: 9.51mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 256.7kcal (12.83%), Fat: 7.98g (12.28%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 44.25g (14.75%), Net Carbohydrates: 22.8g (8.29%), Sugar: 5.02g (5.58%), Cholesterol: 0.68mg (0.23%), Sodium: 510.72mg (22.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.18%), Vitamin C: 72.13mg (87.43%), Fiber: 21.46g (85.82%), Folate: 256.67µg (64.17%), Magnesium: 226.61mg (56.65%), Vitamin K: 58.9µg (56.09%), Manganese: 0.99mg (49.46%), Copper: 0.88mg (44.05%), Potassium: 1445mg (41.29%), Phosphorus: 349.28mg (34.93%), Iron: 5.12mg (28.43%), Vitamin B6: 0.49mg (24.37%), Vitamin B3: 3.92mg (19.61%), Vitamin B1: 0.29mg (19.33%), Calcium: 191.63mg (19.16%), Vitamin B2: 0.26mg (15.23%), Vitamin B5: 1.36mg (13.61%), Zinc: 1.88mg (12.56%), Vitamin E: 1.79mg (11.95%), Selenium: 1.36µg (1.94%), Vitamin A: 68.06IU (1.36%)