



Parmesan Artichoke

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

Ingredients

- 2 artichokes fresh trimmed
- 1 tsp dijon mustard
- 3 Tbsp olive oil extra virgin
- 2 lemons divided
- 3 Tbsp parmesan cheese grated kraft

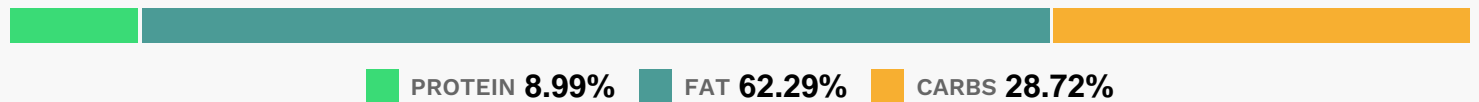
Equipment

- frying pan

Directions

- Quarter 1 lemon; place in large pan of boiling water.
- Add artichokes; cook 30 min. or until bottoms of artichokes are tender and a leaf from each can easily be pulled out.
- Drain. Discard lemon wedges; cool artichokes slightly.
- Cut artichokes lengthwise in half. Scoop out fuzzy centers with spoon; discard.
- Place artichokes on platter.
- Squeeze 2 Tbsp. juice from remaining lemon; mix with oil and mustard.
- Drizzle over artichokes; sprinkle with cheese.
- Let stand 10 min.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:1.95, Inflammation Score:-5, Nutrition Score:8.4826087148293%

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: 8.3mg, Naringenin: 8.3mg, Naringenin: 8.3mg, Naringenin: 8.3mg Apigenin: 4.8mg, Apigenin: 4.8mg, Apigenin: 4.8mg, Apigenin: 4.8mg Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 155.11kcal (7.76%), Fat: 11.85g (18.23%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 7.27g (2.64%), Sugar: 2g (2.23%), Cholesterol: 3.26mg (1.09%), Sodium: 140.82mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin C: 36.11mg (43.77%), Fiber: 5.02g (20.09%), Vitamin K: 15.88µg (15.12%), Folate: 49.77µg (12.44%), Vitamin E: 1.74mg (11.59%), Magnesium: 44.63mg (11.16%), Manganese: 0.19mg (9.42%), Potassium: 320.2mg (9.15%), Phosphorus: 91.36mg (9.14%), Copper: 0.17mg (8.51%), Calcium: 76.24mg (7.62%), Iron: 1.24mg (6.88%), Vitamin B6: 0.12mg (6.07%), Vitamin B1: 0.07mg (4.74%), Vitamin B2: 0.07mg (3.93%), Vitamin B3: 0.73mg (3.67%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.33mg (3.35%), Selenium: 2.08µg (2.97%), Vitamin A: 53.53IU (1.07%)