



Parmesan Rice Pilaf in Artichokes

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 medium artichokes
- 0.5 cup rice
- 2 tablespoons celery minced
- 2 teaspoons flour all-purpose
- 1.5 teaspoons penzey's southwest seasoning dried italian divided
- 1 teaspoon juice of lemon
- 1 teaspoon olive oil
- 1 tablespoon olives ripe chopped
- 0.3 cup onion minced

- 2 tablespoons parmesan cheese grated
- 0.5 cup nonfat yogurt plain
- 0.3 cup sun-dried tomatoes minced
- 1 cup water

Equipment

- sauce pan
- oven
- baking pan
- dutch oven
- kitchen scissors

Directions

- Wash artichokes by plunging up and down in cold water.
- Cut off stem ends, and trim about 1/2 inch from top of each artichoke.
- Remove any loose bottom leaves. With scissors, trim away about one-fourth of each outer leaf.
- Brush top and edges of leaves with lemon juice to prevent discoloration.
- Place artichokes in a large Dutch oven; add water to depth of 1 inch. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until artichokes are almost tender.
- Spread leaves apart; scrape out the fuzzy thistle center (choke) with a spoon, and discard thistle. Set artichokes aside.
- Coat a medium saucepan with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add onion and celery; saute until tender.
- Add 1 cup water, rice, tomato, and 1 teaspoon Italian seasoning. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until rice is tender and liquid is absorbed. Stir in olives.
- Spoon rice mixture into artichoke cavities.
- Combine yogurt and flour. Spoon over rice mixture.

Sprinkle with cheese and remaining 1/2 teaspoon Italian seasoning. Arrange artichokes in a 13- x 9- x 2-inch baking dish. Cover and bake at 350 for 20 minutes.

Bake, uncovered, 5 additional minutes or until thoroughly heated.

Nutrition Facts

 **PROTEIN 16.98%**  **FAT 10.57%**  **CARBS 72.45%**

Properties

Glycemic Index:65.55, Glycemic Load:14.97, Inflammation Score:-7, Nutrition Score:16.273478169156%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 16.02mg, Naringenin: 16.02mg, Naringenin: 16.02mg, Naringenin: 16.02mg Apigenin: 9.69mg, Apigenin: 9.69mg, Apigenin: 9.69mg, Apigenin: 9.69mg Luteolin: 3mg, Luteolin: 3mg, Luteolin: 3mg, Luteolin: 3mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 213.51kcal (10.68%), Fat: 2.67g (4.12%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 41.25g (13.75%), Net Carbohydrates: 32.48g (11.81%), Sugar: 6.93g (7.7%), Cholesterol: 2.79mg (0.93%), Sodium: 234.29mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.34%), Manganese: 0.78mg (38.78%), Fiber: 8.76g (35.06%), Vitamin K: 28.55µg (27.19%), Magnesium: 107.52mg (26.88%), Folate: 105.28µg (26.32%), Potassium: 861.22mg (24.61%), Phosphorus: 237.4mg (23.74%), Copper: 0.47mg (23.73%), Vitamin C: 19.56mg (23.71%), Calcium: 173.09mg (17.31%), Iron: 2.86mg (15.9%), Vitamin B2: 0.22mg (13.22%), Vitamin B6: 0.26mg (12.8%), Vitamin B3: 2.5mg (12.49%), Vitamin B1: 0.18mg (11.79%), Vitamin B5: 1.05mg (10.55%), Zinc: 1.48mg (9.89%), Selenium: 6.58µg (9.4%), Vitamin E: 0.66mg (4.37%), Vitamin B12: 0.22µg (3.68%), Vitamin A: 139.42IU (2.79%)