



HEALTH SCORE

100%

Patatine e Carciofi Arrosto roasted Potatoes and Artichokes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



381 kcal

SIDE DISH

Ingredients

- 4 pounds artichokes italian trimmed , style
- 1 tablespoon lemon zest fresh finely grated
- 6 tablespoons olive oil extra virgin extra-virgin
- 2 thyme sprigs fresh
- 3 garlic clove unpeeled
- 6 servings pepper black freshly ground
- 2 rosemary leaves fresh

- 2 teaspoons garlic minced
- 0.5 cup basil fresh packed
- 2 pounds potatoes – remove skin red ()
- 0.5 cup flat parsley fresh packed
- 1 cups vegetable stock

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- In a bowl stir together gremolata ingredients.
- Preheat oven to 400°F.
- In a large shallow baking pan rub potatoes with 2 tablespoons oil and season with pepper and salt.
- Add garlic, rosemary, and thyme and roast potatoes in middle of oven, shaking pan occasionally, until they are tender but still retain their shape, about 30 minutes (depending on size of potatoes).
- Reduce temperature to 350°F.
- Peel roasted garlic.
- Drain trimmed artichokes and pat dry. Quarter artichoke halves lengthwise. In a large deep non-stick skillet warm remaining 4 tablespoons oil over moderately low heat and cook artichokes with garlic, stirring frequently, 5 minutes.
- Add pepper and salt to taste and 1 cup broth or water and cook, stirring occasionally, until artichokes are tender and most of liquid is evaporated, about 15 minutes. (If artichokes are not yet tender, add additional water or broth and continue cooking in same manner.)
- Add artichokes and garlic to potatoes and halve any larger potatoes.
- Heat vegetables in middle of oven until just heated through, about 10 minutes. While vegetables are heating, chop remaining herbs.

Add chopped herbs, three fourths gremolata, and pepper and salt to taste and toss to combine well.

Serve vegetables sprinkled with remaining gremolata.

Nutrition Facts

PROTEIN 12.63% **FAT 31.85%** **CARBS 55.52%**

Properties

Glycemic Index:52.67, Glycemic Load:5.49, Inflammation Score:-9, Nutrition Score:33.099565360857%

Flavonoids

Naringenin: 37.88mg, Naringenin: 37.88mg, Naringenin: 37.88mg, Naringenin: 37.88mg Apigenin: 33.41mg, Apigenin: 33.41mg, Apigenin: 33.41mg, Apigenin: 33.41mg Luteolin: 7.18mg, Luteolin: 7.18mg, Luteolin: 7.18mg, Luteolin: 7.18mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 381.16kcal (19.06%), Fat: 14.76g (22.71%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 57.89g (19.3%), Net Carbohydrates: 38.52g (14.01%), Sugar: 5.39g (5.99%), Cholesterol: 0mg (0%), Sodium: 471.92mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.34%), Vitamin K: 148.07µg (141.02%), Fiber: 19.37g (77.5%), Vitamin C: 58.07mg (70.39%), Folate: 242.54µg (60.63%), Magnesium: 220.26mg (55.07%), Manganese: 1.08mg (54.09%), Potassium: 1857.76mg (53.08%), Copper: 0.93mg (46.44%), Phosphorus: 373.08mg (37.31%), Vitamin B6: 0.65mg (32.54%), Iron: 5.57mg (30.93%), Vitamin B3: 5.02mg (25.08%), Vitamin B1: 0.35mg (23.41%), Vitamin E: 2.66mg (17.76%), Calcium: 167.47mg (16.75%), Vitamin B2: 0.26mg (15.22%), Vitamin B5: 1.49mg (14.92%), Zinc: 2.09mg (13.95%), Vitamin A: 686.88IU (13.74%), Selenium: 1.74µg (2.48%)