



Pot-Roasted Artichokes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3.5 pounds baby artichokes (18)



1 tablespoon capers drained



1.5 cups cooking wine dry white (such as Sauvignon Blanc)



2 tablespoons flat-leaf parsley leaves fresh



2 garlic cloves thinly sliced



6 servings kosher salt



1 optional: lemon halved



0.3 cup torn mint leaves fresh

- ☐ 0.3 cup olive oil

Equipment

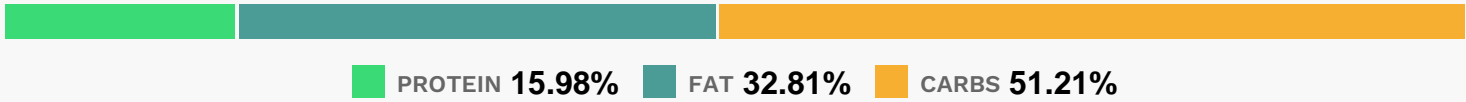
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ peeler
- ☐ serrated knife

Directions

- ☐ Squeeze lemon into a large bowl of cold water. Working with 1 artichoke at a time, pull off tough dark outer leaves until mostly yellow leaves remain. Using a serrated knife, cut 1" off from top. Trim stem, leaving at least 1/2" of stem intact; using a paring knife or vegetable peeler, remove tough outer layer from stem. Dip artichoke in lemon water to prevent discoloration. Pry open leaves to expose choke. Using a small spoon, scrape choke from artichoke and discard.
- ☐ Place artichoke in lemon water.
- ☐ Drain artichokes and set stem side up on a paper towel-lined baking sheet.
- ☐ Let stand about 2 minutes to drain; pat dry.
- ☐ Heat oil in a wide heavy pot over medium-high heat.
- ☐ Place artichokes, stem side up, in pot and reduce heat to medium-low. Scatter garlic over, season with salt, and cook, without stirring, just until garlic is golden, about 3 minutes.
- ☐ Add wine; cover pot, reduce heat, and simmer, without stirring (which could cause artichokes to fall apart), until artichoke hearts are very tender, 25-30 minutes.
- ☐ Add capers, bring to a boil, and cook, uncovered, until wine has evaporated, about 2 minutes.
- ☐ Add mint and parsley and cook (it's okay if a few artichokes tip over), reducing heat if necessary to prevent scorching, until artichoke tops are deep golden brown, about 3 minutes.
- ☐ Serve artichokes warm or room temperature, drizzled with pan juices.

- ☐
- DO AHEAD: Artichokes can be made 2 hours ahead.
- ☐
- Let stand at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:0.41, Inflammation Score:-9, Nutrition Score:9.447391288436%

Flavonoids

Eriodictyol: 4.42mg, Eriodictyol: 4.42mg, Eriodictyol: 4.42mg, Eriodictyol: 4.42mg Hesperetin: 5.21mg, Hesperetin: 5.21mg, Hesperetin: 5.21mg, Hesperetin: 5.21mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.98mg, Apigenin: 2.98mg, Apigenin: 2.98mg, Apigenin: 2.98mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 254.17kcal (12.71%), Fat: 9.1g (14%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 16.91g (6.15%), Sugar: 5.24g (5.82%), Cholesterol: 0mg (0%), Sodium: 563.49mg (24.5%), Alcohol: 6.2g (100%), Alcohol %: 2.2% (100%), Protein: 9.97g (19.94%), Fiber: 15.05g (60.2%), Vitamin A: 2560.7IU (51.21%), Vitamin K: 27.63µg (26.31%), Iron: 4.61mg (25.62%), Vitamin C: 17.57mg (21.3%), Calcium: 106.24mg (10.62%), Vitamin E: 1.35mg (8.97%), Manganese: 0.05mg (2.39%), Folate: 6.48µg (1.62%), Vitamin B6: 0.03mg (1.54%), Potassium: 47.57mg (1.36%), Copper: 0.02mg (1.15%), Magnesium: 4.3mg (1.08%)