



Ranch-Stuffed Artichokes

READY IN



80 min.

SERVINGS



4

CALORIES



586 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 large artichokes
- ☐ 2 ounces bacon finely chopped
- ☐ 2 cups breadcrumbs fresh
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 1 hard-cooked egg peeled chopped
- ☐ 3 lemon zest juiced squeezed lemons reserved
- ☐ 5 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 0.3 cup parmesan cheese grated

- ☐ 4 servings pepper freshly ground
- ☐ 1 ounce ranch dressing mix

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ serrated knife

Directions

- ☐ Preheat the oven to 400 degrees F. Put one-third of the lemon juice and all of the squeezed lemons in a bowl of cold water. One at a time, cut off the top third of each artichoke with a serrated knife, then cut off and reserve the stem. Snap off the tough bottom leaves and trim the leaf tips with shears.
- ☐ Spread the center leaves open and scrape out the choke with a spoon. As you trim each artichoke, place it in the lemon water. Peel and dice the stems.
- ☐ Heat an ovenproof pot over medium heat.
- ☐ Add 3 tablespoons olive oil and the bacon and cook until crisp, about 4 minutes.
- ☐ Add the garlic and cook 1 minute.
- ☐ Transfer the mixture to a bowl; stir in the lemon zest, breadcrumbs, parsley, egg, parmesan, dressing mix and pepper to taste. Stuff into the center of each artichoke and sprinkle between the leaves.
- ☐ Wipe out the pot; add the remaining 2 tablespoons olive oil and heat over medium heat.
- ☐ Add the artichoke stems, remaining lemon juice and 1 cup water and bring to a boil. Arrange the artichokes snugly in the pot; baste with the cooking liquid and drizzle with olive oil. Cover and bake until tender, about 30 minutes. Uncover and bake until crisp, about 10 more minutes.
- ☐ Serve with the cooking liquid.
- ☐ Photograph by Andrew Mccaul

Nutrition Facts



 **PROTEIN 12.57%**  **FAT 45.14%**  **CARBS 42.29%**

Properties

Glycemic Index:31.5, Glycemic Load:2.94, Inflammation Score:-9, Nutrition Score:30.116956721181%

Flavonoids

Naringenin: 20.25mg, Naringenin: 20.25mg, Naringenin: 20.25mg, Naringenin: 20.25mg Apigenin: 28.29mg, Apigenin: 28.29mg, Apigenin: 28.29mg, Apigenin: 28.29mg Luteolin: 3.83mg, Luteolin: 3.83mg, Luteolin: 3.83mg, Luteolin: 3.83mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 585.83kcal (29.29%), Fat: 29.98g (46.12%), Saturated Fat: 6.72g (42.02%), Carbohydrates: 63.19g (21.06%), Net Carbohydrates: 51.22g (18.62%), Sugar: 5.37g (5.97%), Cholesterol: 63.23mg (21.08%), Sodium: 1339.51mg (58.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.56%), Vitamin K: 161.46µg (153.77%), Manganese: 0.99mg (49.26%), Fiber: 11.98g (47.9%), Vitamin B1: 0.7mg (46.81%), Folate: 186.01µg (46.5%), Vitamin C: 35.44mg (42.95%), Selenium: 23.91µg (34.16%), Phosphorus: 338.14mg (33.81%), Magnesium: 131.45mg (32.86%), Iron: 5.57mg (30.96%), Vitamin B3: 5.99mg (29.97%), Copper: 0.55mg (27.31%), Calcium: 271.8mg (27.18%), Vitamin B2: 0.44mg (26.03%), Potassium: 823.67mg (23.53%), Vitamin E: 3.17mg (21.16%), Vitamin B6: 0.36mg (17.78%), Vitamin A: 798.19IU (15.96%), Zinc: 2.35mg (15.7%), Vitamin B5: 1.19mg (11.85%), Vitamin B12: 0.51µg (8.52%), Vitamin D: 0.37µg (2.49%)