



Ricotta- and Walnut-Stuffed Artichokes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 large artichokes
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 garlic clove chopped
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin divided
- ☐ 0.3 cup parsley fresh italian coarsely chopped

- ☐ 1 teaspoon salt
- ☐ 16 ounce whole-milk ricotta cheese
- ☐ 1 cup walnuts toasted
- ☐ 0.8 cup water

Equipment

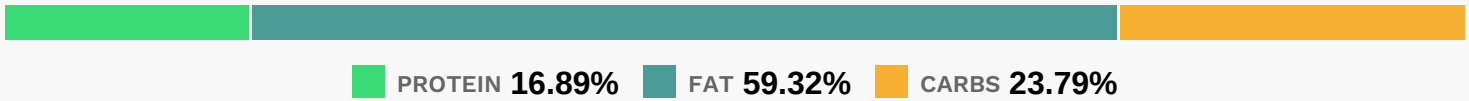
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ kitchen scissors
- ☐ metal skewers
- ☐ melon baller

Directions

- ☐ Fill large bowl with cold water; add lemon juice.
- ☐ Cut off stem and top 2 inches from 1 artichoke. Using scissors, cut off pointy ends of outer artichoke leaves. Using melon baller, scoop out fuzzy choke from center of artichoke, forming opening.
- ☐ Place artichoke in lemon water. Repeat with remaining artichokes. Bring large pot of salted water to boil.
- ☐ Add artichokes and cook until artichoke hearts are tender when pierced with metal skewer, about 15 minutes.
- ☐ Drain. Cool to room temperature.
- ☐ Coarsely chop walnuts in processor.
- ☐ Transfer 2 tablespoons chopped walnuts to small bowl and reserve.
- ☐ Add ricotta cheese, 1/4 cup olive oil, garlic, salt, white pepper, and nutmeg to walnuts in processor; process until well blended.

- ☐
- Transfer ricotta mixture to bowl. Stir in parsley. Season to taste with additional salt and white pepper. Using teaspoon and fingertips as aids, spoon ricotta mixture into center of each artichoke, then spoon some mixture between artichoke leaves.
- ☐
- Pour remaining 1/4 cup olive oil into 13x9x2-inch glass or ceramic baking dish. Arrange stuffed artichokes in dish. (Can be prepared 6 hours ahead. Cover and refrigerate.)
- ☐
- Preheat oven to 375°F.
- ☐
- Pour 3/4 cup water and wine into bottom of dish with artichokes. Cover dish with foil and bake until artichokes are very tender and stuffing is slightly firm, about 40 minutes. Uncover and sprinkle reserved 2 tablespoons chopped walnuts over artichokes.
- ☐
- Bake uncovered 10 minutes longer.
- ☐
- Let stand 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:3.71, Inflammation Score:-8, Nutrition Score:22.976956626643%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg Naringenin: 20.51mg, Naringenin: 20.51mg, Naringenin: 20.51mg, Naringenin: 20.51mg Apigenin: 17.52mg, Apigenin: 17.52mg, Apigenin: 17.52mg, Apigenin: 17.52mg Luteolin: 3.77mg, Luteolin: 3.77mg, Luteolin: 3.77mg, Luteolin: 3.77mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 388.75kcal (19.44%), Fat: 26.46g (40.7%), Saturated Fat: 8.05g (50.33%), Carbohydrates: 23.87g (7.96%), Net Carbohydrates: 13.65g (4.96%), Sugar: 2.9g (3.22%), Cholesterol: 38.56mg (12.85%), Sodium: 607.94mg (26.43%), Alcohol: 2.06g (100%), Alcohol %: 0.76% (100%), Protein: 16.95g (33.91%), Vitamin K: 68.59µg (65.32%), Manganese: 1.13mg (56.47%), Fiber: 10.23g (40.91%), Folate: 145.14µg (36.28%), Copper: 0.71mg (35.75%), Magnesium: 141.05mg (35.26%), Phosphorus: 339.94mg (33.99%), Vitamin C: 27.95mg (33.88%), Calcium: 255.39mg (25.54%), Potassium: 809.26mg (23.12%), Iron: 3.19mg (17.75%), Selenium: 12.35µg (17.65%), Vitamin B6:

0.35mg (17.5%), Vitamin B2: 0.29mg (17.16%), Zinc: 2.34mg (15.62%), Vitamin B1: 0.2mg (13.38%), Vitamin A: 572.92IU (11.46%), Vitamin B3: 2.06mg (10.31%), Vitamin B5: 0.86mg (8.59%), Vitamin E: 1.09mg (7.24%), Vitamin B12: 0.26µg (4.28%), Vitamin D: 0.15µg (1.01%)