



Roasted Baby Artichokes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baby artichokes
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon flat-leaf parsley chopped for garnish
- ☐ 2 cloves garlic minced peeled
- ☐ 2 teaspoons kosher salt
- ☐ 2 lemons cut in half
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup parmigiano-reggiano grated

☐

0.3 teaspoon freshly cracked pepper black

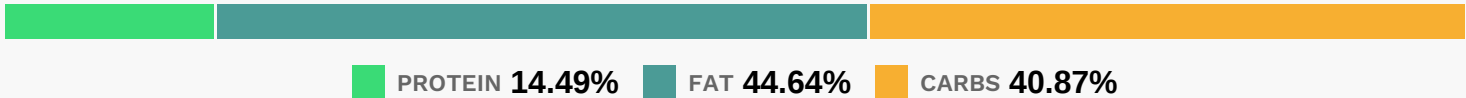
Equipment

- ☐ oven
- ☐ peeler

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Prepare artichokes.
- ☐ Remove the tough outer leaves of the artichokes and trim the stems. Use a vegetable peeler to remove the tough outer green layer from the stem.
- ☐ Cut off the top third of the head to remove the tough ends of the leaves, then split it down the middle. Rub with lemon as you work so they don't turn brown.
- ☐ Mix together the olive oil, balsamic vinegar, salt, pepper and garlic.
- ☐ Lay the artichoke halves cut-side up in a roasting dish and drizzle with the olive oil mixture. Roast in the oven until the artichokes are tender, about 20 minutes.
- ☐ To serve, top with the cheese and garnish with the parsley.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.2, Inflammation Score:-8, Nutrition Score:7.328695691798%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 180.4kcal (9.02%), Fat: 10.2g (15.69%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 21g (7%), Net Carbohydrates: 11.77g (4.28%), Sugar: 4.47g (4.96%), Cholesterol: 2.83mg (0.94%), Sodium: 1033.59mg (44.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.89%), Fiber: 9.24g (36.95%), Vitamin A: 1447.36IU (28.95%), Vitamin C: 23.3mg (28.25%), Vitamin K: 16.58µg (15.79%), Iron: 2.83mg (15.73%), Calcium: 116.72mg (11.67%), Vitamin E: 1.37mg (9.11%), Phosphorus: 37.74mg (3.77%), Manganese: 0.05mg (2.45%), Vitamin B6: 0.05mg (2.29%), Potassium: 68.55mg (1.96%), Selenium: 1.23µg (1.76%), Magnesium: 6.1mg (1.52%), Vitamin B2: 0.02mg (1.35%), Folate: 5.31µg (1.33%), Vitamin B1: 0.02mg (1.25%), Copper: 0.02mg (1.09%), Zinc: 0.16mg (1.08%)