



Roasted Fingerling Potatoes and Baby Artichokes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baby artichokes
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 1.3 pounds fingerling potatoes red halved lengthwise
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 cups water

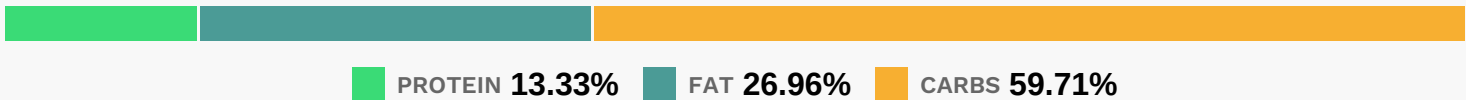
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine 6 cups water and lemon juice in a large bowl.
- ☐ Cut off stem of each artichoke to within 1 inch of base; peel stem.
- ☐ Remove bottom leaves and tough outer leaves, leaving tender heart and bottom.
- ☐ Cut each artichoke in half lengthwise.
- ☐ Remove fuzzy thistle from bottom with a spoon.
- ☐ Place artichokes in lemon water.
- ☐ Combine oil and potatoes; toss well. Arrange potatoes in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 425 for 15 minutes.
- ☐ Drain artichokes; add artichokes to potatoes, tossing to combine.
- ☐ Bake an additional 15 minutes or until tender.
- ☐ Place vegetables in a large bowl. Toss with butter and remaining ingredients.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.72, Glycemic Load:9.08, Inflammation Score:-7, Nutrition Score:6.81347828407%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 149.9kcal (7.5%), Fat: 5g (7.69%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 17.14g (6.23%), Sugar: 2.7g (3%), Cholesterol: 3.76mg (1.25%), Sodium: 456.97mg (19.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Fiber: 7.75g (31.01%), Vitamin C: 18.04mg (21.86%), Vitamin A: 1060.93IU (21.22%), Iron: 2.41mg (13.38%), Vitamin B6: 0.21mg (10.58%), Potassium: 304.96mg (8.71%), Manganese: 0.13mg (6.28%), Calcium: 55.3mg (5.53%), Copper: 0.11mg (5.38%), Magnesium: 18.61mg (4.65%), Phosphorus: 41.36mg (4.14%), Vitamin K: 4.19µg (3.99%), Vitamin B1: 0.06mg (3.87%), Vitamin B3: 0.75mg (3.77%), Vitamin E: 0.56mg (3.73%), Folate: 12.23µg (3.06%), Vitamin B5: 0.22mg (2.19%), Zinc: 0.23mg (1.53%), Vitamin B2: 0.02mg (1.43%)