

health-score 58%
HEALTH SCORE

Sauteed Artichoke Bottoms

☒ Gluten Free ☒ Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce water-packed artichoke bottoms drained and rinsed canned
- ☐ 2 tablespoons basil leaves fresh shredded
- ☐ 1.5 teaspoons penzey's southwest seasoning italian
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 6 plum tomatoes diced seeded
- ☐ 1 medium onion sweet finely chopped

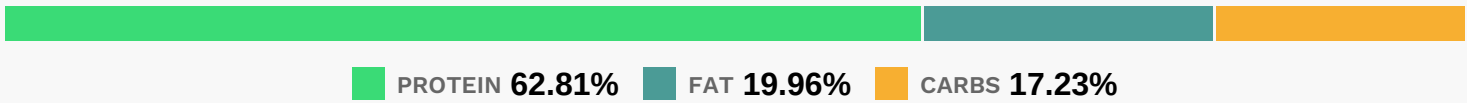
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, combine and toss drained and rinsed artichoke bottoms with lemon juice. Set aside.
- ☐ In a large frying pan over medium heat, sweat onions in oil until translucent.
- ☐ Add tomatoes and cook until heated through, about 1 minute. Stir in Italian seasoning and shredded basil leaves.
- ☐ Add in artichoke bottoms with lemon juice and sprinkle with salt and pepper. Cover pan and reduce heat to low. Simmer for 10 minutes.
- ☐ To serve, remove artichoke bottoms and place on serving plate so the hollow side is up. Fill with tomato-onion mixture.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:0.98, Inflammation Score:-8, Nutrition Score:26.244782572207%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg

Nutrients (% of daily need)

Calories: 263.26kcal (13.16%), Fat: 5.74g (8.84%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 8.91g (3.24%), Sugar: 6.82g (7.58%), Cholesterol: 73.99mg (24.66%), Sodium: 461.78mg (20.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.67g (81.34%), Selenium: 139.82µg (199.74%), Vitamin B3: 21.1mg (105.52%), Vitamin B12: 5.28µg (88.04%), Vitamin B6: 0.85mg (42.64%), Phosphorus: 328.67mg (32.87%),

Vitamin C: 19.81mg (24.02%), Iron: 4.24mg (23.56%), Potassium: 702.11mg (20.06%), Vitamin A: 959.18IU (19.18%), Vitamin K: 19.09µg (18.18%), Magnesium: 68.24mg (17.06%), Vitamin D: 2.47µg (16.44%), Manganese: 0.27mg (13.53%), Vitamin E: 1.86mg (12.39%), Vitamin B2: 0.21mg (12.28%), Folate: 45.18µg (11.29%), Zinc: 1.66mg (11.04%), Copper: 0.21mg (10.55%), Fiber: 2.24g (8.97%), Vitamin B1: 0.13mg (8.9%), Calcium: 77.52mg (7.75%), Vitamin B5: 0.49mg (4.88%)