



Sauteed Baby Artichokes with Lemon and Garlic

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds smallest baby artichokes (14)
- ☐ 1 large garlic clove thinly sliced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 teaspoons butter unsalted

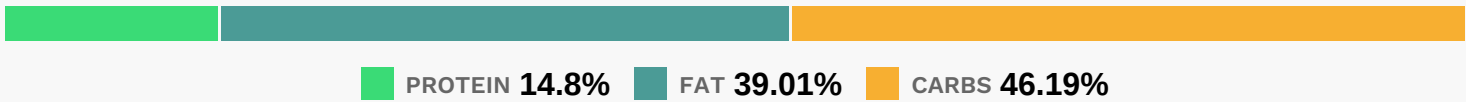
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Bring a medium saucepan of water to a boil.
- ☐ Add 3 tablespoons of the lemon juice to a large bowl of water. Working with one artichoke at a time, pull off the dark outer leaves and trim 1/2 inch off the top. Halve each of the artichokes, then drop them into the lemon water.
- ☐ Drain the artichokes and blanch them in the boiling water until tender when pierced with a knife, about 3 minutes.
- ☐ Drain well.
- ☐ Meanwhile, melt 1 teaspoon of the butter in the oil in a large nonreactive skillet.
- ☐ Add the garlic and cook over high heat for 10 seconds.
- ☐ Add the artichokes, season with salt and pepper and cook, turning once, until golden brown, about 5 minutes. Stir in the remaining 1 tablespoon of lemon juice and 1 teaspoon of butter and serve.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:5.0447827065768%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 144.67kcal (7.23%), Fat: 7.32g (11.26%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 10.26g (3.73%), Sugar: 3.45g (3.84%), Cholesterol: 5.38mg (1.79%), Sodium: 407.07mg (17.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.49%), Fiber: 9.25g (36.99%), Vitamin A: 1582.42IU (31.65%), Iron: 2.78mg (15.43%), Vitamin C: 9.54mg (11.56%), Calcium: 62.58mg (6.26%), Vitamin E: 0.84mg (5.58%), Vitamin K: 3.35µg (3.19%)