



HEALTH SCORE

100%

Sautéed Garlicky Artichokes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



9

CALORIES



178 kcal

SIDE DISH

Ingredients



6.5 pounds artichokes whole



0.3 teaspoon pepper black freshly ground



2 tablespoons flat-leaf parsley fresh chopped



4 garlic cloves sliced



0.3 cup juice of lemon fresh (2 lemons)



1 tablespoon olive oil



3 cups portobello mushroom caps thinly sliced



0.5 teaspoon salt

☐ 4 cups water

Equipment

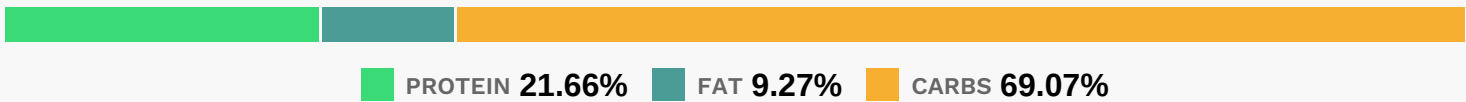
☐ frying pan

☐ sauce pan

Directions

- ☐ Combine the water and juice.
- ☐ Cut off stem of each artichoke to within 1 inch of base; discard stem.
- ☐ Remove bottom leaves and tough outer leaves, leaving tender heart and bottom.
- ☐ Cut each artichoke in half horizontally.
- ☐ Remove fuzzy thistle from bottom with a spoon.
- ☐ Cut each artichoke bottom into quarters; place artichoke quarters in lemon water.
- ☐ Drain.
- ☐ Place artichoke quarters in a medium saucepan; cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- ☐ Drain.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add artichoke quarters and garlic; saut 2 minutes.
- ☐ Add mushrooms; cover and cook 2 minutes or until mushrooms are tender, stirring occasionally.
- ☐ Remove from heat, and stir in parsley, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:5.5, Inflammation Score:-9, Nutrition Score:26.702609043406%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 41.04mg, Naringenin: 41.04mg, Naringenin: 41.04mg, Naringenin: 41.04mg Apigenin: 26.42mg, Apigenin: 26.42mg, Apigenin: 26.42mg, Apigenin: 26.42mg Luteolin: 7.55mg, Luteolin: 7.55mg, Luteolin: 7.55mg, Luteolin: 7.55mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 177.96kcal (8.9%), Fat: 2.18g (3.35%), Saturated Fat: 0.36g (2.22%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 18.39g (6.69%), Sugar: 4.15g (4.61%), Cholesterol: 0mg (0%), Sodium: 445.8mg (19.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.92%), Fiber: 18.15g (72.62%), Vitamin K: 64.11µg (61.06%), Folate: 233.55µg (58.39%), Vitamin C: 42.55mg (51.58%), Magnesium: 198.89mg (49.72%), Manganese: 0.89mg (44.52%), Copper: 0.86mg (43.14%), Potassium: 1334.48mg (38.13%), Phosphorus: 328.98mg (32.9%), Iron: 4.38mg (24.34%), Vitamin B3: 4.74mg (23.71%), Vitamin B6: 0.44mg (22.15%), Vitamin B1: 0.26mg (17.19%), Calcium: 152.54mg (15.25%), Vitamin B2: 0.26mg (15.11%), Vitamin B5: 1.46mg (14.55%), Zinc: 1.8mg (11.98%), Selenium: 6.19µg (8.84%), Vitamin E: 0.87mg (5.8%), Vitamin A: 118.3IU (2.37%)