



Seasoned Artichokes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

Ingredients

- 8 artichokes (each)
- 1 teaspoon peppercorns black
- 2 bay leaves dried
- 1 tablespoon olive oil
- 3 tablespoons citrus champagne vinegar
- 8 allspice whole

Equipment

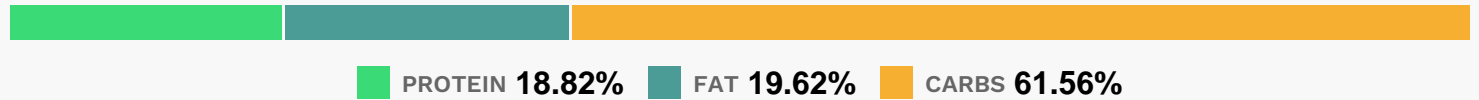
- frying pan

kitchen scissors

Directions

- In a 12- to 14-quart pan (see notes), combine about 6 quarts water, vinegar, olive oil, peppercorns, bay leaves, and allspice. Cover and bring to a boil over high heat.
- Meanwhile, rinse artichokes well. Slice off and discard about 1 inch from tops; trim off stems. With scissors, cut off and discard remaining thorny tips from outer leaves.
- Add artichokes to boiling water. Return to a boil, cover, and simmer until bottoms are tender when pierced with a fork, 25 to 30 minutes.
- Drain and let cool.
- Serve cool or cold.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:2.17, Inflammation Score:-6, Nutrition Score:9.6878260568432%

Flavonoids

Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg Apigenin: 9.58mg, Apigenin: 9.58mg, Apigenin: 9.58mg, Apigenin: 9.58mg Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg

Nutrients (% of daily need)

Calories: 78.42kcal (3.92%), Fat: 1.97g (3.03%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 6.83g (2.48%), Sugar: 1.27g (1.41%), Cholesterol: 0mg (0%), Sodium: 121mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.51%), Fiber: 7.08g (28.32%), Folate: 87.21µg (21.8%), Manganese: 0.41mg (20.27%), Vitamin K: 20.9µg (19.9%), Magnesium: 78.13mg (19.53%), Vitamin C: 15.05mg (18.25%), Copper: 0.3mg (15.21%), Potassium: 484.3mg (13.84%), Phosphorus: 116.66mg (11.67%), Iron: 1.74mg (9.69%), Vitamin B6: 0.15mg (7.54%), Vitamin B3: 1.35mg (6.74%), Vitamin B1: 0.09mg (6.19%), Calcium: 59.98mg (6%), Vitamin B2: 0.09mg (5.04%), Vitamin B5: 0.44mg (4.4%), Zinc: 0.64mg (4.25%), Vitamin E: 0.5mg (3.34%)