Simply Roasted Artichokes

Vegetarian Vegan Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
85 min.	4	202 kcal

SIDE DISH

Ingredients

- [ ] 4 large artichokes whole
- [ ] 4 cloves garlic crushed peeled
- [ ] 4 servings kosher salt
- [ ] 0.3 cup juice of lemon fresh
- [ ] 0.3 cup olive oil

Equipment

- [ ] bowl
- [ ] oven

- [ ] knife
- [ ] baking pan
- [ ] aluminum foil

Directions

- [ ] Preheat oven to 425 degrees F (220 degrees C).
- [ ] Place artichokes stem-side down in a bowl and drizzle with lemon juice.
- [ ] Slightly separate the artichoke leaves with your hands.
- [ ] Insert a knife blade into the center of each artichoke to create a garlic clove-size space.
- [ ] Drizzle each artichoke with olive oil.
- [ ] Press 1 clove of garlic into the center of each artichoke and season with salt.
- [ ] Tightly wrap each artichoke twice with heavy-duty aluminum foil.
- [ ] Place in baking dish and bake in the preheated oven until sizzling, about 1 hour 20 minutes

Nutrition Facts

PROTEIN **9.76%** FAT **56.45%** CARBS **33.79%**

Properties

Glycemic Index:8, Glycemic Load:2.65, Inflammation Score:-7, Nutrition Score:14.633912999993%

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: 20.46mg, Naringenin: 20.46mg, Naringenin: 20.46mg, Naringenin: 20.46mg Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 201.57kcal (10.08%), Fat: 13.91g (21.4%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 9.6g (3.49%), Sugar: 2.01g (2.24%), Cholesterol: 0mg (0%), Sodium: 349.26mg (15.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Manganese: 1.02mg (50.92%), Fiber: 9.13g (36.53%), Vitamin K: 33.52µg (31.92%), Vitamin C: 24.86mg (30.13%), Folate: 113.46µg (28.37%), Magnesium: 100.71mg (25.18%), Copper: 0.38mg (19.02%), Potassium: 625.48mg (17.87%), Vitamin E: 2.36mg (15.75%), Phosphorus: 148.06mg (14.81%), Iron: 2.28mg (12.67%), Vitamin B6: 0.2mg (9.94%), Vitamin B3: 1.72mg (8.62%), Vitamin B1: 0.12mg (8.13%),

Calcium: 78.77mg (7.88%), Vitamin B2: 0.11mg (6.55%), Vitamin B5: 0.57mg (5.73%), Zinc: 0.83mg (5.5%)