



Steamed Artichokes with Green Garlic Aioli

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



135 kcal

SIDE DISH

Ingredients

- 1 pound artichokes
- 1 bay leaves
- 1 tablespoon peppercorns black
- 1 tablespoon kosher salt
- 1 optional: lemon halved

Equipment

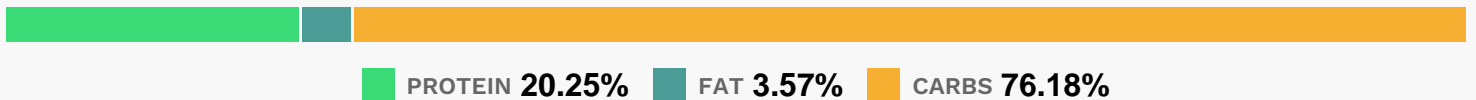
- sauce pan
- knife

- pot
- serrated knife
- steamer basket

Directions

- Snap off the tough outer leaves of the artichokes. With a serrated knife, cut off the top third of each artichoke and trim off the base so the vegetables stand upright. Rub one of the lemon halves over the cut sides to prevent discoloration. Fill a medium saucepan with 1 inch of water. Squeeze juice from the lemon halves into the water; add the bay leaf, peppercorns, and salt; and stir to combine. Bring to a boil over high heat and set a steamer basket inside. Reduce the heat to low so the water is simmering.
- Place the artichokes in the steamer basket stem-side up, cover the pot, and steam until the artichoke stems are tender when pierced with a knife, about 20 minutes.
- Serve warm, room temperature, or cold with a dipping sauce like Green Garlic Aioli. Beverage pairing: Kalmuck Grüner Veltliner, Austria. All this green—artichokes and green garlic—needs a wine that can handle it. Grüner Veltliner is such a wine, curiously able to reflect and respond to the challenging flavor of artichokes. Grassy, with hints of pepper and flowers, it will be a crisp partner to both the choke and the aioli.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:5.22, Inflammation Score:-8, Nutrition Score:21.627391177675%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 28.65mg, Naringenin: 28.65mg, Naringenin: 28.65mg, Naringenin: 28.65mg Apigenin: 16.96mg, Apigenin: 16.96mg, Apigenin: 16.96mg, Apigenin: 16.96mg Luteolin: 6.24mg, Luteolin: 6.24mg, Luteolin: 6.24mg, Luteolin: 6.24mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 134.96kcal (6.75%), Fat: 0.67g (1.03%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 17.07g (6.21%), Sugar: 3.63g (4.03%), Cholesterol: 0mg (0%), Sodium: 3703.5mg (161.02%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.07%), Vitamin C: 55.18mg (66.88%), Manganese: 1.25mg (62.38%), Fiber: 15.04g (60.15%), Folate: 161.1µg (40.28%), Vitamin K: 41.75µg (39.76%), Magnesium: 149.1mg (37.27%), Copper: 0.61mg (30.66%), Potassium: 981.1mg (28.03%), Phosphorus: 220.71mg (22.07%), Iron: 3.76mg (20.91%), Vitamin B6: 0.32mg (16.09%), Calcium: 138.56mg (13.86%), Vitamin B1: 0.19mg (12.69%), Vitamin B3: 2.48mg (12.42%), Vitamin B2: 0.17mg (9.98%), Vitamin B5: 0.94mg (9.39%), Zinc: 1.21mg (8.09%), Vitamin E: 0.56mg (3.76%), Vitamin A: 71.81IU (1.44%), Selenium: 0.93µg (1.32%)