



WHATSheATE



HEALTH SCORE

66%

Steamed Artichokes with Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



84 kcal

SIDE DISH

Ingredients



4 large artichokes



0.5 cup juice of lemon fresh



4 servings lemon wedges



6 sprigs parsley

Equipment

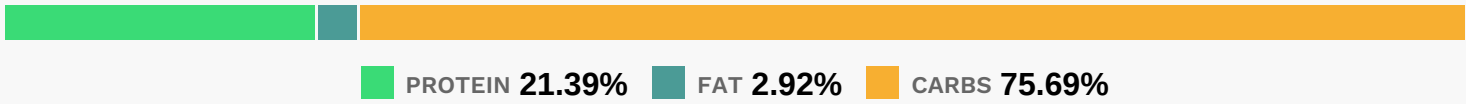


sauce pan

Directions

- ☐ Wash artichokes under cold running water.
- ☐ Cut off stems at base and remove small bottom leaves. TRim the top by cutting off about 1-inch. Trim the outer leaves of the point. Scrap out the thistle if desired.Stand artichokes upright in deep saucepan large enough to hold snugly.
- ☐ Add 1 teaspoon salt, lemon juice parsley sprigs and enough water to ring the level to about 2 inches. Cover and boil gently 25 to 30 minutes, or until base can be pierced easily with fork. (
- ☐ Add a little more boiling water during cooking, if needed.) Turn artichokes upside down to drain.
- ☐ Serve immediately or cool completely; cover and refrigerate to chill. Makes 4 artichokes.
- ☐ Serve with lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:2.68, Inflammation Score:-7, Nutrition Score:13.972173670064%

Flavonoids

Eriodictyol: 1.7mg, Eriodictyol: 1.7mg, Eriodictyol: 1.7mg, Eriodictyol: 1.7mg Hesperetin: 4.69mg, Hesperetin: 4.69mg, Hesperetin: 4.69mg, Hesperetin: 4.69mg Naringenin: 20.68mg, Naringenin: 20.68mg, Naringenin: 20.68mg, Naringenin: 20.68mg Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg Luteolin: 3.76mg, Luteolin: 3.76mg, Luteolin: 3.76mg, Luteolin: 3.76mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 83.68kcal (4.18%), Fat: 0.33g (0.51%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 19.32g (6.44%), Net Carbohydrates: 10.4g (3.78%), Sugar: 2.41g (2.68%), Cholesterol: 0mg (0%), Sodium: 153.45mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Vitamin K: 48.58µg (46.26%), Vitamin C: 33.28mg (40.34%), Fiber: 8.92g (35.67%), Folate: 118.65µg (29.66%), Magnesium: 99.86mg (24.97%), Manganese: 0.42mg (21.05%), Copper: 0.38mg (19.09%), Potassium: 640.51mg (18.3%), Phosphorus: 149.27mg (14.93%), Iron: 2.2mg (12.21%), Vitamin B6: 0.2mg (10.2%), Vitamin B3: 1.74mg (8.71%), Vitamin B1: 0.13mg (8.38%), Calcium: 75.44mg (7.54%), Vitamin B2: 0.11mg (6.66%), Vitamin B5: 0.6mg (5.95%), Zinc: 0.83mg (5.5%), Vitamin A: 149.47IU (2.99%), Vitamin E: 0.37mg (2.44%)