



Steamed Artichokes with Lemon-Garlic Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

SIDE DISH

Ingredients

- 8 large eggplant stemmed trimmed
- 1 head garlic clove whole
- 1 cup water
- 1 cup mayonnaise
- 1 tablespoon lemon zest finely grated
- 2 tablespoons juice of lemon fresh
- 0.3 teaspoon pepper white
- 1 pinch sugar

1 pinch salt

Equipment

pot

Directions

Pack artichokes upright in a large pot.

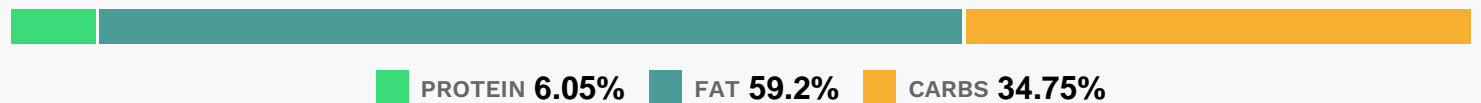
Add garlic.

Pour in water. Bring to a boil. Reduce heat. Simmer, covered, for 35 minutes.

Transfer to a plate; let cool. Peel and mash 4 steamed garlic cloves (reserve remainder for lamb). Stir in mayonnaise, zest, lemon juice, pepper, sugar, and salt.

Remove artichoke leaves (reserve hearts for stuffing). Refrigerate leaves and aioli separately until ready to serve.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:4.45, Inflammation Score:-7, Nutrition Score:17.620869706506%

Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 311.96kcal (15.6%), Fat: 21.8g (33.54%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 14.87g (5.41%), Sugar: 16.61g (18.46%), Cholesterol: 11.76mg (3.92%), Sodium: 193.97mg (8.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin K: 61.73µg (58.79%), Manganese: 1.13mg (56.31%), Fiber: 13.92g (55.68%), Potassium: 1073.57mg (30.67%), Folate: 103.12µg (25.78%), Vitamin B6: 0.43mg (21.67%), Copper: 0.39mg (19.67%), Magnesium: 65.96mg (16.49%), Vitamin C: 13.6mg (16.48%), Vitamin E: 2.3mg (15.35%), Vitamin B3: 3mg (15.02%), Vitamin B5: 1.36mg (13.63%), Vitamin B1: 0.19mg (12.65%), Phosphorus:

121.65mg (12.17%), Vitamin B2: 0.18mg (10.58%), Iron: 1.19mg (6.61%), Zinc: 0.82mg (5.49%), Calcium: 52.08mg (5.21%), Selenium: 2.53µg (3.61%), Vitamin A: 124.46IU (2.49%)