



Steamed Whole Artichokes



Vegetarian



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 artichokes whole
- ☐ 2 bay leaves
- ☐ 1 quart chicken broth
- ☐ 4 garlic cloves
- ☐ 2 lemons cut in half
- ☐ 2 tablespoons olive oil
- ☐ 4 sprigs parsley
- ☐ 4 servings salt and pepper to taste

☐ 0.3 cup white wine

Equipment

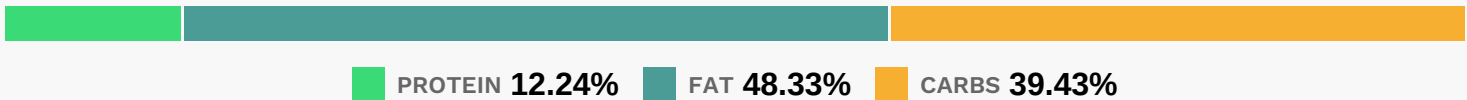
☐ knife

☐ pot

Directions

- ☐ Put the parsley, garlic, bay leaves, lemons, wine, oil and broth in a large pot and bring to a simmer. Season the liquid with salt and pepper. In the meantime prepare the artichokes.
- ☐ Wash artichokes under cold water. Using a heavy stainless steel knife, cut off the stems close to the base. Pull off the lower petals that are small and tough.
- ☐ Cut off the top inch of the artichoke and rub with half a lemon to preserve the green color. Alternatively, you may put the artichokes in acidulated water. If you wish, trim the thorny tips of the petals with kitchen shears.
- ☐ Place the artichokes in the steaming liquid, bottom up. Cover and simmer for about 30 minutes. The artichokes are done when a knife is inserted into the base and there is no resistance.
- ☐ To eat, pull off a leaf and scrape the meat off the tender end with your front teeth. Dip the ends of the leaves in lemon juice and melted butter if desired. When you reach the center cone of purple prickly leaves, remove it. This is the choke that protects the heart. Now, scrape away the thistle fuzz covering the artichoke heart. The heart is the meatiest part of the artichoke. Steamed artichokes may be served hot or cold.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:2.29, Inflammation Score:-6, Nutrition Score:10.419565182665%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.13mg, Hesperetin: 15.13mg, Hesperetin: 15.13mg, Hesperetin: 15.13mg Naringenin: 8.35mg, Naringenin: 8.35mg, Naringenin: 8.35mg, Naringenin: 8.35mg

8.35mg, Naringenin: 8.35mg Apigenin: 6.95mg, Apigenin: 6.95mg, Apigenin: 6.95mg, Apigenin: 6.95mg Luteolin: 2.52mg, Luteolin: 2.52mg, Luteolin: 2.52mg, Luteolin: 2.52mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 139.1kcal (6.96%), Fat: 7.78g (11.97%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 9.21g (3.35%), Sugar: 3.18g (3.54%), Cholesterol: 4.73mg (1.58%), Sodium: 1134.74mg (49.34%), Alcohol: 1.54g (100%), Alcohol %: 0.51% (100%), Protein: 4.44g (8.87%), Vitamin C: 38.4mg (46.54%), Vitamin K: 30.2µg (28.76%), Fiber: 5.08g (20.31%), Manganese: 0.36mg (18.14%), Folate: 51.31µg (12.83%), Magnesium: 47.9mg (11.98%), Vitamin B2: 0.2mg (11.73%), Potassium: 382.5mg (10.93%), Copper: 0.21mg (10.74%), Vitamin E: 1.32mg (8.77%), Iron: 1.52mg (8.47%), Phosphorus: 83.63mg (8.36%), Vitamin B1: 0.13mg (8.33%), Vitamin B6: 0.16mg (8.2%), Vitamin B3: 1.29mg (6.46%), Calcium: 60.43mg (6.04%), Zinc: 0.58mg (3.85%), Vitamin B5: 0.37mg (3.69%), Selenium: 1.73µg (2.48%), Vitamin A: 112.53IU (2.25%)