



Stuffed Artichoke Hearts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 42 ounce artichoke hearts whole canned
- 1 cup carrots shredded
- 0.3 cup dressing italian
- 8 servings kosher salt and pepper black freshly ground
- 1 cup cabbage shredded red
- 2 scallions finely sliced
- 1 tablespoon sesame seed for garnish

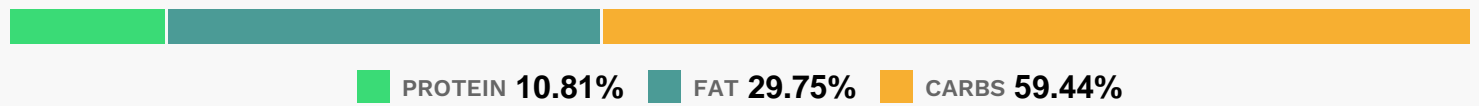
Equipment

bowl

Directions

- Pull out the center of the artichoke with your fingers to form a cup, and then slice a bit off the bottom to make a flat surface so the cups sit upright. Repeat with remaining artichokes. The artichoke centers can be used in a salad or omelet.
- In a large bowl, toss together the scallions, cabbage, and carrots.
- Add the dressing, taste, and adjust the seasoning with more salt and pepper, if necessary. Fill the artichoke cups with the slaw, garnish with sesame seeds, and serve.

Nutrition Facts



Properties

Glycemic Index:22.23, Glycemic Load:0.79, Inflammation Score:-9, Nutrition Score:5.547826051712%

Flavonoids

Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 68.93kcal (3.45%), Fat: 2.11g (3.25%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 6.3g (2.29%), Sugar: 3.2g (3.55%), Cholesterol: 0mg (0%), Sodium: 637.12mg (27.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Vitamin A: 2830.31IU (56.61%), Vitamin K: 16.85µg (16.05%), Fiber: 3.19g (12.78%), Vitamin C: 7.88mg (9.55%), Manganese: 0.09mg (4.72%), Vitamin B6: 0.06mg (3%), Potassium: 98.69mg (2.82%), Copper: 0.06mg (2.76%), Calcium: 23.59mg (2.36%), Magnesium: 8.35mg (2.09%), Folate: 7.95µg (1.99%), Vitamin E: 0.3mg (1.99%), Iron: 0.36mg (1.98%), Vitamin B1: 0.03mg (1.92%), Phosphorus: 17.6mg (1.76%), Vitamin B3: 0.28mg (1.38%), Vitamin B2: 0.02mg (1.29%), Zinc: 0.16mg (1.06%)