



Stuffed Artichokes

READY IN



80 min.

SERVINGS



4

CALORIES



628 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 fillet anchovy minced
- 4 medium artichokes
- 1 cup bread crumbs
- 0.5 teaspoon pepper red crushed
- 4 cloves garlic smashed
- 4 servings kosher salt
- 2 lemons
- 0.5 bunch mint leaves cut into a chiffonade
- 4 servings olive oil extra-virgin

- 1 cup parmesan grated
- 0.5 bunch parsley italian leaves picked finely chopped
- 0.5 cup pinenuts toasted
- 2 cups white wine

Equipment

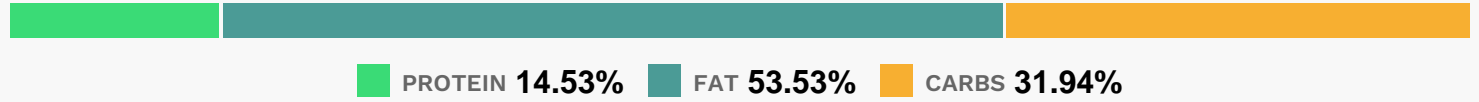
- bowl
- frying pan
- sauce pan
- melon baller

Directions

- Cook's Note: Before starting this recipe be aware that there is a lot of waste involved in artichokes. It's ok. Just accept it and move on.
- Squeeze 1 lemon into a large bowl filled with water and place the lemon halves in the water.
- Cut off the pointy tops of the artichokes.
- Remove and reserve the stem of the artichoke. Peel off the tough green outer leaves and discard.
- Gently spread the leaves of the artichoke. Using a melon baller, scoop out the hairy "choke" in the center of the artichokes. When clean reserve them in the lemon water.
- Remove the tough outer skin on the stems and reserve them in the lemon water as well.
- In a small bowl combine the garlic, herbs, Parmesan, bread crumbs, crushed red pepper, pine nuts and anchovies, if using. Finely chop the reserved artichoke stems and add them to the bowl. Zest and juice the remaining lemon and add that to the bowl.
- Slowly drizzle in olive oil until the mixture forms a paste. Season with salt.
- Stuff the artichokes with the paste.
- Place the artichokes standing up in a saucepan large enough to accommodate them.
- Add the wine to the saucepan and enough lemon water to come 3/4 up the sides of the artichokes.
- Add the lemon halves to the pan also.

- Drizzle generously with olive oil and season with salt.
- Cover the saucepan and bring to a boil. Reduce heat to a simmer and cook for 15 to 20 minutes or until the base of the artichokes are tender when poked with a fork.
- Serve hot or room temperature drizzled with generous amount of olive oil.

Nutrition Facts



Properties

Glycemic Index:40.38, Glycemic Load:4.02, Inflammation Score:-9, Nutrition Score:33.332608453605%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 11.69mg, Eriodictyol: 11.69mg, Eriodictyol: 11.69mg, Eriodictyol: 11.69mg Hesperetin: 15.6mg, Hesperetin: 15.6mg, Hesperetin: 15.6mg, Hesperetin: 15.6mg Naringenin: 16.75mg, Naringenin: 16.75mg, Naringenin: 16.75mg, Naringenin: 16.75mg Apigenin: 24.97mg, Apigenin: 24.97mg, Apigenin: 24.97mg, Apigenin: 24.97mg Luteolin: 4.13mg, Luteolin: 4.13mg, Luteolin: 4.13mg, Luteolin: 4.13mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 628.22kcal (31.41%), Fat: 34.04g (52.37%), Saturated Fat: 7.31g (45.7%), Carbohydrates: 45.7g (15.23%), Net Carbohydrates: 35.01g (12.73%), Sugar: 6.36g (7.06%), Cholesterol: 18.8mg (6.27%), Sodium: 931.82mg (40.51%), Alcohol: 12.36g (100%), Alcohol %: 3.92% (100%), Protein: 20.78g (41.57%), Vitamin K: 156.32µg (148.88%), Manganese: 2.3mg (114.85%), Vitamin C: 54.3mg (65.82%), Phosphorus: 475.58mg (47.56%), Calcium: 451.24mg (45.12%), Fiber: 10.69g (42.75%), Magnesium: 164.41mg (41.1%), Folate: 142.39µg (35.6%), Copper: 0.65mg (32.51%), Vitamin B1: 0.47mg (31.12%), Iron: 5.47mg (30.38%), Vitamin E: 4.16mg (27.73%), Potassium: 880.88mg (25.17%), Vitamin B3: 4.69mg (23.47%), Vitamin B2: 0.37mg (21.47%), Selenium: 14.72µg (21.03%), Zinc: 3.15mg (21%), Vitamin B6: 0.38mg (18.84%), Vitamin A: 926.01IU (18.52%), Vitamin B5: 0.97mg (9.74%), Vitamin B12: 0.41µg (6.89%)