



HEALTH SCORE

58%

Stuffed Artichokes



Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 large artichokes
- ☐ 2 cups coarse breadcrumbs from a country loaf good
- ☐ 3 tablespoons flat-leaf parsley leaves chopped
- ☐ 3 tablespoons basil leaves fresh chopped
- ☐ 5 cloves garlic
- ☐ 0.5 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup parmesan freshly grated

- ☐ 6 servings salt
- ☐ 3 pounds tomatoes

Equipment

- ☐ knife
- ☐ slotted spoon
- ☐ kitchen scissors
- ☐ tongs

Directions

- ☐ Trim off and discard the stems of the artichokes, leaving about 1/2 inch. Scrub the artichokes clean under running water. Using sharp scissors, cut 1/2 inch off the top of each leaf, and with a very sharp knife slice about 1-inch off the top of the artichoke.
- ☐ To a large kettle of boiling salted water, add 2 or 3 whole garlic cloves and 1 tablespoon of olive oil. Cook the artichokes, covered, for 45 to 55 minutes, or until tender.
- ☐ Remove them carefully with tongs or a big slotted spoon, and place them upside-down on a rack to drain as they cool.
- ☐ To make the filling, cut the tomatoes into 1/4-inch dice and chop the remaining garlic.
- ☐ Mix the tomatoes and garlic with the chopped herbs, 1/2 teaspoon of salt, 1 1/2 tablespoons of olive oil, and a touch of vinegar or lemon juice if you want it. Stir in most of the bread crumbs, check the consistency, then stir in more as needed to make a fairly thick mixture. Finally, add the Parmesan.
- ☐ When the artichokes are cool enough to handle turn them right side up and gently pull open the leaves from the center of each one. Pull out the thin leaves from the very center and then scrape out the fibrous choke with a teaspoon.
- ☐ Spoon some of the filling into the center cavity of each artichoke, then spoon a bit more here and there between the leaves. Distribute it evenly between the 6 artichokes, using about 2/3 cup for each. A little bit more olive oil can be drizzled over the artichokes just before serving.
- ☐ Serve these at room temperature or chilled, and don't hold them longer than 3 or 4 hours.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:5.34, Inflammation Score:-9, Nutrition Score:29.31000009827%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 21.81mg, Naringenin: 21.81mg, Naringenin: 21.81mg, Naringenin: 21.81mg Apigenin: 16.43mg, Apigenin: 16.43mg, Apigenin: 16.43mg, Apigenin: 16.43mg Luteolin: 3.75mg, Luteolin: 3.75mg, Luteolin: 3.75mg, Luteolin: 3.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 325.57kcal (16.28%), Fat: 16.46g (25.32%), Saturated Fat: 5.61g (35.08%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 15.71g (5.71%), Sugar: 7.74g (8.61%), Cholesterol: 37.43mg (12.48%), Sodium: 1113.28mg (48.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.08g (44.16%), Vitamin K: 81.91µg (78.01%), Vitamin C: 54.13mg (65.61%), Fiber: 11.61g (46.43%), Vitamin A: 2229.43IU (44.59%), Phosphorus: 392.49mg (39.25%), Folate: 150.5µg (37.62%), Potassium: 1307.3mg (37.35%), Manganese: 0.74mg (36.97%), Magnesium: 138.86mg (34.71%), Vitamin B1: 0.49mg (32.88%), Vitamin B6: 0.59mg (29.65%), Copper: 0.57mg (28.27%), Vitamin B3: 5.21mg (26.06%), Calcium: 254.52mg (25.45%), Selenium: 14.09µg (20.13%), Iron: 3.42mg (19.01%), Zinc: 2.67mg (17.77%), Vitamin B2: 0.3mg (17.66%), Vitamin E: 2.43mg (16.18%), Vitamin B5: 1.05mg (10.46%), Vitamin B12: 0.45µg (7.48%), Vitamin D: 0.39µg (2.59%)