



Stuffed Artichokes



Vegetarian



Very Healthy

READY IN



140 min.

SERVINGS



4

CALORIES



655 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 large artichokes
- ☐ 4 cups breadcrumbs plain
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 5 cloves garlic minced
- ☐ 2 slices lemons
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 cup parmesan/romano cheese blend grated

☐ 0.5 teaspoon salt

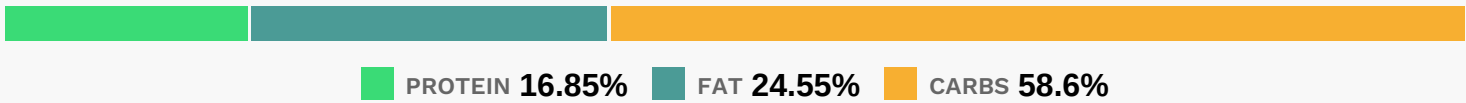
Equipment

- ☐ bowl
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Mix the breadcrumbs, cheese, olive oil, parsley, garlic, the juice from 1 1/2 lemons and the salt and pepper in a large bowl until thoroughly combined. The mixture should be slightly moist. If it appears very dry, add a small amount of additional lemon juice.
- ☐ Cut off the stem of each artichoke, and then trim the tips of the leaves with kitchen shears. Open the leaves with your fingertips and rinse with cold water, holding the leaves open. Working with one at a time, place each artichoke in the center of the bowl of breadcrumb mixture and stuff the mixture into the leaves, holding the leaves open. You may have leftover stuffing, depending on the size of the artichokes.
- ☐ Sprinkle the tops of the artichokes with the juice from the remaining lemon half.
- ☐ Place a lemon slice on top of each artichoke.
- ☐ Wrap each artichoke in foil and place in a large pot with 3 cups cold water. Bring to a boil. Cover and simmer until the leaves are tender, about 2 hours, depending on the size of the artichokes. (You may need to add more water if the water level gets too low.)

Nutrition Facts



Properties

Glycemic Index:44.63, Glycemic Load:3.35, Inflammation Score:-9, Nutrition Score:36.357826194038%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 20.27mg, Naringenin: 20.27mg, Naringenin: 20.27mg, Naringenin: 20.27mg Apigenin: 18.61mg, Apigenin: 18.61mg, Apigenin: 18.61mg, Apigenin: 18.61mg Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg, Kaempferol: 0.06mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg
Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 655.22kcal (32.76%), Fat: 18.16g (27.94%), Saturated Fat: 6.39g (39.95%), Carbohydrates: 97.51g (32.5%),
Net Carbohydrates: 83.59g (30.4%), Sugar: 8.63g (9.59%), Cholesterol: 26mg (8.67%), Sodium: 1536.05mg
(66.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.04g (56.09%), Vitamin K: 84.37µg (80.36%),
Vitamin B1: 1.18mg (78.79%), Manganese: 1.5mg (74.87%), Folate: 232.55µg (58.14%), Fiber: 13.92g (55.66%),
Calcium: 547.55mg (54.75%), Phosphorus: 522.23mg (52.22%), Selenium: 31.72µg (45.32%), Vitamin B3: 8.95mg
(44.74%), Iron: 7.8mg (43.32%), Magnesium: 156.83mg (39.21%), Vitamin B2: 0.64mg (37.8%), Copper: 0.68mg
(33.8%), Vitamin C: 25.97mg (31.48%), Potassium: 870.84mg (24.88%), Zinc: 3.08mg (20.56%), Vitamin B6: 0.39mg
(19.61%), Vitamin B5: 1.29mg (12.92%), Vitamin B12: 0.66µg (10.97%), Vitamin E: 1.26mg (8.41%), Vitamin A: 379.32IU
(7.59%)