



## Stuffed Artichokes

READY IN



45 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 optional: lemon halved
- 6 artichokes whole
- 0.8 cup breadcrumbs fresh
- 0.5 cup pecorino cheese grated
- 1 small garlic clove minced
- 2 tablespoons parsley fresh chopped
- 1 serving pepper black freshly ground

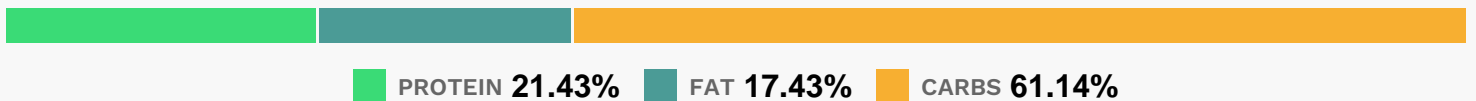
## Equipment

- bowl
- frying pan
- knife
- pot

## Directions

- Squeeze the lemon halves into a large bowl and fill the bowl with cold water. Trim the bottom off each artichoke. Trim off the tough outer leaves. Snip the thorny tips off the top leaves. As each one is completed, place it in the lemon water to prevent it from discoloring.
- In a small bowl, combine the breadcrumbs, cheese, garlic, and parsley and season with pepper.
- Pull each leaf open slightly from each artichoke and stuff a little filling into the opening.
- Place the artichokes snugly side by side in a large pan with a tight-fitting lid, and top each one off with a drizzle of olive oil.
- Add 1 inch of water to the pot. Cover, bring to a boil, then reduce the heat and steam until the bottoms of the artichokes are tender, 35 to 45 minutes; a knife should insert easily. Make sure the water doesn't boil dry.
- Add more water if necessary.
- Serve each artichoke hot, on an individual plate.

## Nutrition Facts



## Properties

Glycemic Index:29.75, Glycemic Load:2.54, Inflammation Score:-7, Nutrition Score:14.643478156432%

## Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 16.1mg, Naringenin: 16.1mg, Naringenin: 16.1mg, Naringenin: 16.1mg Apigenin: 12.45mg, Apigenin: 12.45mg, Apigenin: 12.45mg, Apigenin: 12.45mg Luteolin: 3.3mg, Luteolin: 3.3mg, Luteolin: 3.3mg, Luteolin: 3.3mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 152.22kcal (7.61%), Fat: 3.22g (4.95%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 17.33g (6.3%), Sugar: 2.63g (2.92%), Cholesterol: 8.67mg (2.89%), Sodium: 320.33mg (13.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.82%), Vitamin K: 41.92µg (39.92%), Fiber: 8.08g (32.33%), Vitamin C: 26.45mg (32.05%), Folate: 106.09µg (26.52%), Manganese: 0.47mg (23.57%), Magnesium: 88.28mg (22.07%), Phosphorus: 205.25mg (20.53%), Calcium: 177.19mg (17.72%), Copper: 0.34mg (17.15%), Vitamin B1: 0.24mg (15.68%), Potassium: 541.68mg (15.48%), Iron: 2.56mg (14.2%), Vitamin B3: 2.28mg (11.4%), Vitamin B2: 0.18mg (10.31%), Vitamin B6: 0.19mg (9.69%), Selenium: 5.01µg (7.16%), Zinc: 1.07mg (7.13%), Vitamin B5: 0.59mg (5.85%), Vitamin A: 167.64IU (3.35%), Vitamin B12: 0.14µg (2.34%), Vitamin E: 0.31mg (2.07%)