



Stuffed Artichokes (Carciofi Ripieni)

READY IN

ready

90 min.

SERVINGS

servings

8

CALORIES

calories

300 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 jumbo artichokes cut in half, chokes removed
- ☐ 1 large baking potato cut into 1/4-inch dice
- ☐ 0.5 cup bread crumbs fresh
- ☐ 5 cloves garlic thinly sliced
- ☐ 8 juice of lemon juiced
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 bunch parsley italian coarsely chopped
- ☐ 0.3 pound genoa salami cut into 1/8-inch dice
- ☐ 8 servings salt and pepper to taste

- ☐ 2 scallions thinly sliced
- ☐ 0.5 bunch plus 1 bunch thyme
- ☐ 4 quarts water
- ☐ 1 cup white wine
- ☐ 2 cups white wine
- ☐ 2 pounds favas peeled
- ☐ 2 pounds favas peeled

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a large saucepan, combine 4 quarts of water, the lemon juice, white wine, garlic, and 1/2 bunch thyme and bring to a boil.
- ☐ Add the artichokes and blanch in the acidulated water for 20 minutes, until tender.
- ☐ Drain, cool and set aside.
- ☐ Preheat the oven to 375 degrees F.
- ☐ In a 12 to 14-inch saute pan, heat the oil until almost smoking.
- ☐ Add the potatoes and cook until soft and light golden brown, about 10 minutes.
- ☐ Add the fava beans and scallions and cook for 4 to 5 minutes.
- ☐ Remove from heat and add the bread crumbs, salami and parsley, and mix well to combine.
- ☐ Season each artichoke with salt and pepper and stuff each with the potato mixture.
- ☐ Place the artichokes in a shallow baking dish, add the wine and remaining 1 bunch thyme and cook for 30 minutes.
- ☐ Remove and serve immediately.

Nutrition Facts



 **PROTEIN 12.58%**  **FAT 45.36%**  **CARBS 42.06%**

Properties

Glycemic Index:39.22, Glycemic Load:8.32, Inflammation Score:-8, Nutrition Score:17.897391340007%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.7mg, Hesperetin: 4.7mg, Hesperetin: 4.7mg Naringenin: 8.76mg, Naringenin: 8.76mg, Naringenin: 8.76mg, Naringenin: 8.76mg Apigenin: 20.15mg, Apigenin: 20.15mg, Apigenin: 20.15mg, Apigenin: 20.15mg Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 299.72kcal (14.99%), Fat: 12.42g (19.1%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 21.07g (7.66%), Sugar: 3.11g (3.45%), Cholesterol: 11.2mg (3.73%), Sodium: 659.43mg (28.67%), Alcohol: 9.27g (100%), Alcohol %: 1.58% (100%), Protein: 7.75g (15.5%), Vitamin K: 138.41µg (131.82%), Vitamin C: 32.75mg (39.7%), Manganese: 0.47mg (23.47%), Vitamin B6: 0.41mg (20.53%), Vitamin B1: 0.3mg (20.29%), Fiber: 4.84g (19.35%), Folate: 77.3µg (19.33%), Magnesium: 75.6mg (18.9%), Potassium: 647.66mg (18.5%), Copper: 0.34mg (16.98%), Phosphorus: 153.54mg (15.35%), Iron: 2.6mg (14.42%), Vitamin B3: 2.64mg (13.2%), Vitamin A: 652.75IU (13.05%), Vitamin B2: 0.16mg (9.53%), Zinc: 1.43mg (9.5%), Calcium: 89.04mg (8.9%), Selenium: 6.03µg (8.61%), Vitamin E: 1.26mg (8.37%), Vitamin B12: 0.42µg (7.01%), Vitamin B5: 0.67mg (6.65%)