



Stuffed Artichokes with Capers and Pecorino Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



668 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 large artichokes trimmed
- 2 cups bread fresh french crustless
- 2 tablespoons capers drained chopped
- 0.8 cup wine dry white
- 0.5 teaspoon fennel seeds
- 2 teaspoons thyme sprigs fresh minced
- 2 garlic clove minced
- 0.8 cup chicken broth

- 5 tablespoons olive oil extra virgin extra-virgin divided
- 1 cup onion chopped
- 0.5 cup pecorino cheese divided finely grated

Equipment

- bowl
- frying pan
- oven
- knife
- aluminum foil
- glass baking pan

Directions

- Preheat oven to 400°F.
- Heat 3 tablespoons oil in medium skillet over medium heat.
- Add onion; sauté until soft, about 6 minutes.
- Add next 3 ingredients; stir 2 minutes.
- Transfer to bowl; cool. Stir in breadcrumbs, 1/4 cup cheese, and capers. Season stuffing with salt and pepper.
- Spoon 2 scant tablespoons bread stuffing into center of each prepared artichoke. Starting with bottom leaves of artichokes, gently pull each leaf outward from center and spoon in 1/2 to 1 teaspoon stuffing. Arrange artichokes in 13x9x2- inch glass baking dish.
- Drizzle with remaining 2 tablespoons oil; sprinkle with 1/4 cup cheese.
- Pour wine and broth into dish. Cover tightly with foil; bake until artichokes are tender when base is pierced with small sharp knife, about 1 hour. Spoon some cooking liquid over artichokes to moisten and serve.

Nutrition Facts



PROTEIN 14.35% FAT 36.82% CARBS 48.83%

Properties

Glycemic Index:58.67, Glycemic Load:34.15, Inflammation Score:-9, Nutrition Score:32.742173895888%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 20.42mg, Naringenin: 20.42mg, Naringenin: 20.42mg, Naringenin: 20.42mg Apigenin: 12.16mg, Apigenin: 12.16mg, Apigenin: 12.16mg, Apigenin: 12.16mg Luteolin: 4.21mg, Luteolin: 4.21mg, Luteolin: 4.21mg, Luteolin: 4.21mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.07mg, Quercetin: 15.07mg, Quercetin: 15.07mg, Quercetin: 15.07mg

Nutrients (% of daily need)

Calories: 668.35kcal (33.42%), Fat: 26.87g (41.34%), Saturated Fat: 5.55g (34.69%), Carbohydrates: 80.17g (26.72%), Net Carbohydrates: 65.62g (23.86%), Sugar: 10.69g (11.88%), Cholesterol: 13mg (4.33%), Sodium: 990.61mg (43.07%), Alcohol: 4.64g (100%), Alcohol %: 1.32% (100%), Protein: 23.57g (47.14%), Manganese: 1.99mg (99.66%), Fiber: 14.56g (58.24%), Folate: 221.05µg (55.26%), Selenium: 36.71µg (52.44%), Vitamin B3: 9.09mg (45.44%), Phosphorus: 431.35mg (43.13%), Vitamin B1: 0.63mg (42.22%), Magnesium: 164.03mg (41.01%), Vitamin K: 41.93µg (39.94%), Iron: 7.14mg (39.66%), Calcium: 378.7mg (37.87%), Copper: 0.62mg (31.03%), Vitamin C: 24.44mg (29.63%), Vitamin B2: 0.49mg (29.11%), Potassium: 923.46mg (26.38%), Vitamin B6: 0.43mg (21.45%), Vitamin E: 3.13mg (20.84%), Zinc: 2.57mg (17.14%), Vitamin B5: 1.65mg (16.54%), Vitamin B12: 0.18µg (3.07%), Vitamin A: 129.6IU (2.59%)