



Whole Artichokes with Lemon-Thyme Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



2

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 2 artichokes whole
- ☐ 1 juice of lemon
- ☐ 1 serving salt
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons dijon mustard
- ☐ 4 teaspoons agave nectar

- ☐ 2 tablespoons shallots finely chopped
- ☐ 2 teaspoons thyme leaves
- ☐ 1 serving salt and pepper to taste

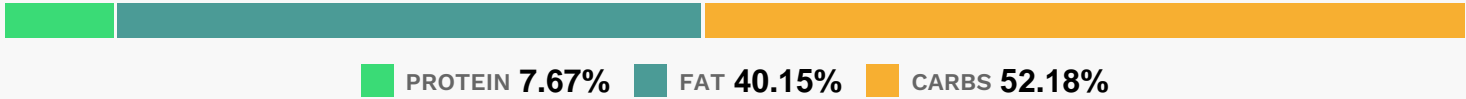
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ kitchen scissors

Directions

- ☐ Fill 5-quart saucepan two-thirds full with water.
- ☐ Heat to boiling.
- ☐ Use knife to trim thick stem at bottoms of each artichoke. Using scissors, snip off tips of leaves.
- ☐ Cut and discard 1 1/2 inches off top of each artichoke. Rinse artichokes thoroughly with cold running water, and transfer them to pan of boiling water.
- ☐ Add juice of 1 lemon and salt to taste. Cover; cook over medium-low heat about 45 minutes or until bottoms of artichokes are tender.
- ☐ Meanwhile, in small bowl, beat dipping sauce ingredients with whisk until emulsified.
- ☐ Pour into dipping bowl, and set aside.
- ☐ Gently remove cooked artichokes from hot water and place upside down on cooling rack to drain 5 minutes. Turn right side up, and gently pull open tops of artichokes until you see pale yellow leaves, and pull those out to reveal the hairy choke. Use a spoon to scoop out the choke. Use your hands to gently close up the artichokes.
- ☐ To eat, pull off leaves starting at base, dip in sauce and bite off soft part found at base of each leaf. Discard remaining part of leaf. Once all leaves are gone, you will find the artichoke heart. Eat that part with the help of a fork and knife, dipping it in sauce.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:4.9, Inflammation Score:-9, Nutrition Score:13.176956508471%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 16.41mg, Naringenin: 16.41mg, Naringenin: 16.41mg, Naringenin: 16.41mg Apigenin: 9.67mg, Apigenin: 9.67mg, Apigenin: 9.67mg, Apigenin: 9.67mg Luteolin: 3.91mg, Luteolin: 3.91mg, Luteolin: 3.91mg, Luteolin: 3.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 236.5kcal (11.83%), Fat: 11.37g (17.49%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 25.38g (9.23%), Sugar: 16.48g (18.31%), Cholesterol: 0mg (0%), Sodium: 371.81mg (16.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Vitamin C: 34.01mg (41.22%), Fiber: 7.86g (31.43%), Vitamin K: 30.1µg (28.67%), Folate: 103.69µg (25.92%), Magnesium: 86.5mg (21.63%), Manganese: 0.42mg (20.86%), Copper: 0.33mg (16.3%), Potassium: 558.53mg (15.96%), Vitamin E: 2.06mg (13.74%), Phosphorus: 131.32mg (13.13%), Iron: 2.29mg (12.73%), Vitamin B6: 0.25mg (12.7%), Vitamin B1: 0.14mg (9.34%), Vitamin B2: 0.14mg (8.04%), Vitamin B3: 1.59mg (7.94%), Calcium: 73.5mg (7.35%), Vitamin B5: 0.52mg (5.24%), Zinc: 0.75mg (5.02%), Selenium: 2.45µg (3.5%), Vitamin A: 117.41IU (2.35%)