



WHATSheATE



HEALTH SCORE

52%

Whole Stuffed Artichokes Braised in White Wine

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 32 oz artichokes
- ☐ 0.3 teaspoon pepper black
- ☐ 4 oz breadcrumbs fresh italian fine
- ☐ 0.5 cup wine dry white
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1.5 teaspoons garlic finely chopped
- ☐ 1 optional: lemon halved
- ☐ 1 teaspoon lemon zest fresh finely grated

- ☐ 0.3 cup olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 1.5 oz parmesan finely grated
- ☐ 4 slices provolone cheese thin
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup soppressata dried sweet italian minced (sausage;)
- ☐ 1.5 cups water

Equipment

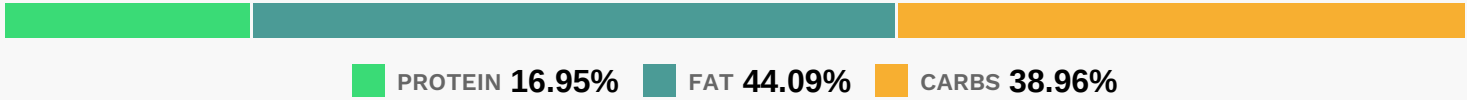
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ tongs
- ☐ serrated knife
- ☐ pressure cooker

Directions

- ☐ Preheat oven to 350°F.
- ☐ Spread bread crumbs in a shallow baking pan and bake in middle of oven until pale golden, about 10 minutes. Cool crumbs completely, then toss with parmesan, garlic, parsley, soppressata, zest if using, salt, and pepper.
- ☐ Drizzle oil over crumbs and toss to coat evenly.
- ☐ Cut off artichoke stems and discard.
- ☐ Cut off top 1/2 inch of 1 artichoke with a serrated knife, then cut about 1/2 inch off all remaining leaf tips with kitchen shears. Rub cut leaves with a lemon half.
- ☐ Separate leaves slightly with your thumbs and pull out purple leaves from center and enough yellow leaves to expose fuzzy choke. Scoop out choke with melon-ball cutter, then squeeze some lemon juice into cavity.
- ☐ Trim remaining artichokes in same manner.

- ☐ Spoon about 2 tablespoons stuffing into cavity of each artichoke and, starting with bottom leaves and spreading leaves open as much as possible without breaking, spoon a rounded 1/2 teaspoon stuffing inside each leaf. Top each artichoke with a slice of provolone.
- ☐ Put water, wine, oil, onion, garlic, salt, and pepper in pressure cooker (without insert) or pot and arrange stuffed artichokes in liquid in 1 layer.
- ☐ Seal pressure cooker with lid and cook at high pressure, according to manufacturer's instructions, 10 minutes. Put pressure cooker in sink (do not remove lid) and run cold water over lid until pressure goes down completely.
- ☐ If using a regular pot, simmer artichokes, covered, until leaves are tender, about 50 minutes.
- ☐ Transfer artichokes with tongs to 4 soup plates and spoon cooking liquid around them.

Nutrition Facts



Properties

Glycemic Index:68.88, Glycemic Load:5.08, Inflammation Score:-9, Nutrition Score:32.259565529616%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 28.61mg, Naringenin: 28.61mg, Naringenin: 28.61mg, Naringenin: 28.61mg Apigenin: 25.06mg, Apigenin: 25.06mg, Apigenin: 25.06mg, Apigenin: 25.06mg Luteolin: 5.79mg, Luteolin: 5.79mg, Luteolin: 5.79mg, Luteolin: 5.79mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 519.03kcal (25.95%), Fat: 25.67g (39.49%), Saturated Fat: 8.15g (50.91%), Carbohydrates: 51.04g (17.01%), Net Carbohydrates: 36.19g (13.16%), Sugar: 6.07g (6.74%), Cholesterol: 25.92mg (8.64%), Sodium: 1189.34mg (51.71%), Alcohol: 3.09g (100%), Alcohol %: 0.82% (100%), Protein: 22.2g (44.4%), Vitamin K: 106.09µg (101.03%), Fiber: 14.85g (59.4%), Vitamin C: 48.31mg (58.56%), Folate: 200.23µg (50.06%), Manganese: 0.96mg (48.03%), Phosphorus: 454.76mg (45.48%), Calcium: 447.83mg (44.78%), Magnesium: 170.32mg (42.58%), Vitamin B1: 0.54mg (35.89%), Copper: 0.66mg (33.02%), Potassium: 1073.11mg (30.66%), Iron: 5.18mg (28.78%), Vitamin B3: 4.85mg (24.25%), Vitamin B2: 0.4mg (23.79%), Vitamin B6: 0.44mg (21.95%), Selenium: 14.95µg (21.36%), Zinc: 2.88mg (19.18%), Vitamin E: 2.54mg (16.94%), Vitamin B5: 1.25mg (12.51%), Vitamin A: 602.99IU (12.06%), Vitamin

B12: 0.7µg (11.7%)