



Let's rediscover the artichokes

NUTRI-lipidomics *Molecular nutrition and healthy diet*



It's time for artichokes for the nutrilipidomic recipe

The artichoke, a delicious flower with a peculiar aftertaste given by cynarine (a polyphenol with which it is very rich), is a very important food for our health. In addition to being a support for liver detoxification systems, the artichoke is one of the plants with prebiotic fiber, essential nourishment for a healthy microbiota and for the improvement and rebalancing of the intestinal microbial flora.

Sea-flavored artichoke hearts

Its particular flavor goes well with the sea products. In this recipe we have chosen the prawns for their sweetness which go well

with the clean and fresh taste of the artichoke. Try to season some fettuccine and you will get a single and complete dish.

Recipe

Ingredients for 4 people:

- 800 g artichoke hearts
- 400 g shelled shrimp
- 120 g shallot
- 150 g whole organic orange
- 80 g extra virgin olive oil
- 30 g natural white Greek yogurt 0% fat
- 40 g parsley
- 50 g lemon juice (it is not counted in the nutritional values because it is not added to the ingredients, but only serves to acidulate the water)
- water q.s.
- salt q.s.



Method:

Remove the orange zest, obtaining thin strips, then squeeze the juice and divide it in equal parts into two bowls.

Total per recipe	847,5	89,28	128,93	32,62	85,86	11,88	58,89	9,37	86,52	
Total per person	211,9	22,32	32,23	8,15	21,46	2,97	14,72	2,34	21,63	

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The food recommendations in the article are not intended to replace a personalized food plan and are to be adapted to specific cases.

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