

Let's rediscover the artichokes

NUTRI-lipidomicsMolecular 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.

In a large bowl, put some water and lemon juice, then deprive the artichokes of the hardest leaves and stem, cut them into slices and soak them in the acidulated water so that they do not blacken.

In a small bowl, put the Greek yogurt, half of the orange juice and 20 g of extra virgin olive oil. Mix well until obtaining a homogeneous mixture.

In a pan, put 60 g of the extra virgin olive oil to heat with the shallot and a dozen thin strips of orange zest. When the oil is hot, but not steaming, add the squeezed artichoke hearts, mix and add the peeled shrimp, the other half of the orange juice and cook until the artichokes are tender, but still . rm.

Serve on a flat plate with the accompanying sauce.

This dish can be seasoned with pasta, rice or other cereal grains, using the sauce as an amalgam of our first dish which will become a main dish because it is complete with all macronutrients.

(Wording for illustrative purposes)

Nutritional values per recipe and per person

	Kcal	Proteins (g)	Carbs (g)	Sugar (g)	Fats (g)	Saturated (g)	Mono- insaturated (g)	Polin- saturated (g)	Fibers (g)	chole- sterol (g)
artichoke hearts	376	26,16	84,08	7,92	1,2	0,29	0,04	0,512	43,2	
shrimp	284	54,44	3,64		4,04	0,46	0,32	0,52		0,50
shallot	86,4	3	20,16	9,44	0,12	0,020	0,016	0,046	38,4	
Orange	70,5	1,41	17,62	14,02	0,18	0,022	0,034	0,037	3,6	
Evo oil	707				80	11.04	58,36	8,41		
Greek Yogurt	16,2	3,09	0,9	0,9						
parsley	14,4	1,18	2,53	0,34	0,32	0,05	0,12	0,05	1,32	
lemon juice										

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

Article by:

Dr.ssa Nicoletta Bocchino – Nutrition Biologist

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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