

# Italian Stuffed Artichokes

Yield: 4 min

Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/river-cafe-italian-lemon-tart-crust-recipe>

## Ingredients:

- 4 artichokes firm and bright in color
- 1 lemon juiced and zested, divided
- 1 1/2 cups breadcrumbs
- 1/4 cup parsley fresh, chopped
- 1/4 cup asiago cheese fresh, finely grated
- 4 garlic cloves minced
- 2 teaspoons oregano
- 2 teaspoons basil
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 4 teaspoons olive oil
- 2 cups water
- 1 cup wine Pinot Grigio

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 9 grams
6. Protein: 9 grams
7. SaturatedFat: 2 grams
8. Sodium: 780 milligrams
9. Sugar: 4 grams

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