

Prepping and Blanching Cardoon

Yield: 2 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/cardoons-recipe-italian>

Ingredients:

- 2 lemons
- 3 pounds cardoon stalks
- 1 tablespoon sea salt for blanching

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 32 grams
3. Fiber: 19 grams
4. Protein: 8 grams
5. Sodium: 4080 milligrams
6. Sugar: 14 grams

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