

Carciofi alla Romana - Roman Style Artichokes

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-artichoke-recipe-roman>

Ingredients:

- 1 lemon
- 8 artichokes cleaned and trimmed as shown in the pictures
- 2 cloves garlic minced
- 2 tablespoons fresh parsley chopped
- 2 tablespoons fresh mint chopped
- 1 teaspoon salt
- 1 tablespoon extra virgin olive oil
- 1/2 cup wine
- 1 1/2 cups water

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 33 grams
3. Fat: 3.5 grams
4. Fiber: 14 grams
5. Protein: 8 grams
6. Sodium: 840 milligrams
7. Sugar: 3 grams

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