

# Pan-Roasted Artichokes with Garlic and Lemon

Yield: 4 min  
Total Time: 70 min

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

## Ingredients:

- 3 lemons quartered
- 4 artichokes large
- 1/2 cup extra virgin olive oil
- freshly ground pepper
- salt
- 6 garlic cloves peeled, crushed

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 26 grams
3. Fat: 27 grams
4. Fiber: 11 grams
5. Protein: 5 grams
6. SaturatedFat: 4 grams
7. Sodium: 320 milligrams
8. Sugar: 1 grams

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