

Artichokes Braised in an Electric Pressure Cooker

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-swiss-steak-in-electric-pressure-cooker>

Ingredients:

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

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 31 grams
3. Fat: 27 grams
4. Fiber: 13 grams
5. Protein: 7 grams
6. SaturatedFat: 4 grams
7. Sodium: 380 milligrams
8. Sugar: 2 grams

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