

Stuffed Artichokes

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/stuffed-artichokes-recipe-italian-food>

Ingredients:

- 1 lemon halved
- 6 whole artichokes
- 3/4 cup fresh breadcrumbs
- 1/2 cup Pecorino Romano cheese grated
- 1 garlic clove small, minced
- 2 tablespoons fresh parsley leaves chopped
- ground black pepper Freshly

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 20 milligrams
4. Fat: 6 grams
5. Fiber: 7 grams
6. Protein: 11 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 430 milligrams
9. Sugar: 2 grams

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