

Grilled Artichokes

Yield: 6 min
Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/north-italia-grilled-artichoke-recipe>

Ingredients:

- 4 lemons preferably organic
- 4 whole artichokes stem ends trimmed
- 1/2 cup olive oil
- 1/4 cup spice blend lemon pepper, or freshly cracked black pepper, or to taste
- salt to taste
- mayonnaise Store bought or homemade, or another dip for serving

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 19 grams
3. Fat: 19 grams
4. Fiber: 8 grams
5. Protein: 3 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 370 milligrams
8. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Grilled Artichokes above. You can see more 16 north italia grilled artichoke recipe Savor the mouthwatering goodness! to get more great cooking ideas.