

# Fondi di Carciofi (Bacon-Wrapped Artichokes)

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/fondi-di-carciofi-recipe-the-italian-encyclopedia>

## Ingredients:

- canola oil for frying
- 28 ounces artichoke hearts
- 8 slices bacon halved crosswise
- 1/3 cup freshly grated Parmesan
- 1 tablespoon ground black pepper

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 30 milligrams
4. Fat: 22 grams
5. Fiber: 12 grams
6. Protein: 11 grams
7. SaturatedFat: 7 grams
8. Sodium: 480 milligrams
9. Sugar: 1 grams

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