

# Italian Artichoke Hearts

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 8 artichoke stems peeled
- 1 lemon juiced
- 5 tablespoons olive oil
- 1 teaspoon lemon zest
- 2 chile pepper cut into rings
- 1 tablespoon fresh mint chopped

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 31 grams
3. Fat: 17 grams
4. Fiber: 14 grams
5. Protein: 8 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 240 milligrams
8. Sugar: 3 grams

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