

Marinated Artichoke Hearts



These Marinated Artichoke Hearts are a tangy, savory treat that captures the essence of Italian cuisine. Packed with flavor and nutrients, they make a perfect keto-friendly snack or an excellent addition to salads and antipasto platters.

Ingredients for 2 serving (US/Metric)

- 3 *cup* Artichoke Hearts
- 3 *tbsp* Olive oil
- 4.5 *tbsp* White wine vinegar
- 1 *pieces* Garlic Cloves
- Dried Italian herbs
- 3.5 *tsp* Red pepper flakes
- Salt & pepper to taste

Nutrition (US/Metric)

- **Protein:** 7%
- **Fat:** 82%
- **Net carbs:** 11%

Instructions

- **Prepare Artichokes:** Place drained artichoke hearts in a medium bowl or a mason jar.
- **Mix Marinade:** In a separate bowl, whisk together olive oil, white wine vinegar, minced garlic, dried herbs, red pepper flakes, salt, and pepper.
- **Marinate:** Pour the marinade over the artichoke hearts, ensuring they are well coated. Cover and refrigerate for at least 2 hours, preferably overnight, to allow the flavors to meld.
- **Serve:** Serve chilled or at room temperature, as part of a snack platter or add to salads.