

Artichoke Fritters

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 18 ounce artichoke hearts drained canned
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1 large eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 1 juice of lemon juiced
- ☐ 1 teaspoon kosher salt
- ☐ 15 servings kosher salt

- ☐ 0.5 optional: lemon
- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 3 scallions chopped
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 15 servings vegetable oil

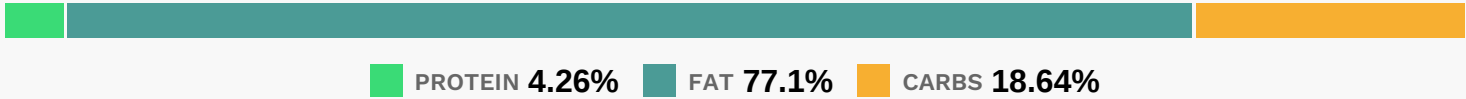
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Pour 3 inches of vegetable oil into a heavy bottomed pot and place over medium heat until a bread cube placed in the oil browns within 1 minute.
- ☐ Coarsely chop the artichokes (or alternatively crush by hand) and put them in a large mixing bowl.
- ☐ Add the garlic and scallions, milk, egg, lemon zest and lemon juice.
- ☐ Mix the flour, baking powder, salt and pepper in a separate bowl and quickly mix the dry ingredients into the artichoke mix. Drop the fritters by the heaping tablespoonful into the hot oil and fry until golden brown, about 5 minutes. Work in batches until all the batter is used. Keep warm in a low oven until ready to serve. Immediately before serving, squeeze a little fresh lemon juice over all and hit with a bit of kosher salt.
- ☐ Serve with a dollop of Lemon Cream on top, if desired.
- ☐ Whisk all ingredients together in a small bowl. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:4.87, Inflammation Score:-2, Nutrition Score:4.343913016112%

Flavonoids

Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 202.84kcal (10.14%), Fat: 17.53g (26.97%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 8.58g (3.12%), Sugar: 1.24g (1.38%), Cholesterol: 21.93mg (7.31%), Sodium: 662.43mg (28.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin K: 31.11µg (29.63%), Vitamin E: 1.27mg (8.46%), Selenium: 4.59µg (6.55%), Vitamin B2: 0.09mg (5.38%), Vitamin B1: 0.08mg (5.1%), Folate: 20.24µg (5.06%), Vitamin C: 3.83mg (4.64%), Manganese: 0.08mg (4.07%), Calcium: 39.69mg (3.97%), Fiber: 0.96g (3.84%), Phosphorus: 38.15mg (3.82%), Iron: 0.56mg (3.1%), Vitamin A: 145.46IU (2.91%), Vitamin B3: 0.54mg (2.68%), Vitamin B5: 0.17mg (1.7%), Potassium: 55.97mg (1.6%), Vitamin B6: 0.03mg (1.45%), Vitamin B12: 0.08µg (1.4%), Magnesium: 5.48mg (1.37%), Zinc: 0.19mg (1.26%), Copper: 0.02mg (1.18%)