



WHATSheATE



Artichoke Fritters with Green Goddess Dipping Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



417 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup flour
- ☐ 2 fillet anchovy
- ☐ 6 large artichokes
- ☐ 0.8 cup beer room temperature
- ☐ 6 servings canola oil for deep-frying
- ☐ 0.5 cup crème fraîche sour
- ☐ 2 large eggs separated
- ☐ 0.3 cup chives fresh chopped

- ☐ 2 tablespoons juice of lemon fresh divided
- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 6 servings lemon wedges (for garnish)
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons citrus champagne vinegar with tarragon

Equipment

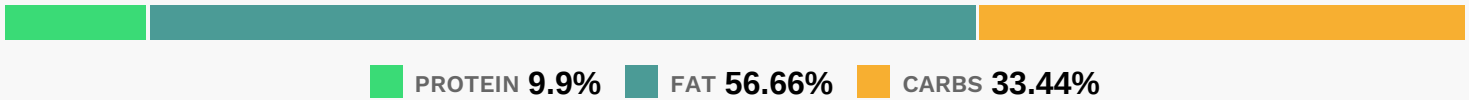
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ peeler

Directions

- ☐ Combine first 4 ingredients in processor; blend until mixture is finely chopped. With machine running, add oil through feed tube; puree until mixture is almost smooth.
- ☐ Add crème fraîche; process until smooth.
- ☐ Transfer sauce to small bowl; season with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill. Rewhisk before using.
- ☐ Sift flour and 1/2 teaspoon salt into medium bowl. Make well in center of flour mixture; add beer, egg yolks, 2 tablespoons olive oil, 1 tablespoon lemon juice, and lemon peel and whisk until well blended.
- ☐ Let batter stand at room temperature at least 1 hour and up to 2 hours. Rewhisk before continuing.

- ☐ Fill large bowl with water; add remaining 1 tablespoon lemon juice. Using large knife, cut off top half of 1 artichoke, then cut off all but 3/4 inch of stem.
- ☐ Remove tough outer leaves until only 2 rows of tender green leaves remain in center. Using vegetable peeler, peel stem.
- ☐ Cut artichoke lengthwise in half. Using paring knife, cut out prickly choke in center; discard.
- ☐ Cut artichoke lengthwise into 1/4-inch-thick slices; immediately place in lemon water. Repeat with remaining artichokes.
- ☐ Drain artichokes.
- ☐ Heat remaining 1 tablespoon olive oil in large skillet over medium-low heat.
- ☐ Add artichokes and 1/2 cup tap water to skillet; sprinkle with salt and pepper. Bring to boil. Cover, reduce heat to medium, and simmer until artichokes are tender and water evaporates, about 15 minutes.
- ☐ Remove from heat and cool. DO AHEAD: Can be made 2 hours ahead. Cover and chill.
- ☐ Line large baking sheet with several layers of paper towels. Beat egg whites in medium bowl until stiff but not dry. Fold whites into batter, then fold in artichokes.
- ☐ Pour enough canola oil into large saucepan to reach depth of 2 inches. Attach deep-fry thermometer to side of pan; heat oil to 375°F. Working in batches, drop artichoke mixture by tablespoonfuls into oil; fry until golden, turning often, about 2 minutes per batch. Using slotted spoon, transfer fritters to paper towels.
- ☐ Sprinkle with salt.
- ☐ Transfer fritters to platter; sprinkle with parsley.
- ☐ Garnish with lemon wedges.
- ☐ Serve sauce alongside.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:14.62, Inflammation Score:-8, Nutrition Score:20.440000026122%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 20.32mg, Naringenin: 20.32mg, Naringenin: 20.32mg, Naringenin: 20.32mg Apigenin: 15mg, Apigenin: 15mg, Apigenin: 15mg, Apigenin: 15mg Luteolin: 3.77mg, Luteolin: 3.77mg, Luteolin: 3.77mg, Luteolin: 3.77mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 417.38kcal (20.87%), Fat: 26.85g (41.31%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 26.18g (9.52%), Sugar: 2.59g (2.88%), Cholesterol: 74.11mg (24.7%), Sodium: 380.1mg (16.53%), Alcohol: 1.15g (100%), Alcohol %: 0.51% (100%), Protein: 10.56g (21.11%), Vitamin K: 63.99µg (60.94%), Folate: 164.11µg (41.03%), Fiber: 9.49g (37.97%), Vitamin C: 25mg (30.31%), Manganese: 0.58mg (28.95%), Magnesium: 110.04mg (27.51%), Vitamin E: 4.06mg (27.05%), Phosphorus: 225.08mg (22.51%), Copper: 0.43mg (21.54%), Potassium: 703.43mg (20.1%), Iron: 3.58mg (19.9%), Selenium: 13.91µg (19.86%), Vitamin B1: 0.3mg (19.82%), Vitamin B2: 0.33mg (19.62%), Vitamin B3: 3.33mg (16.64%), Vitamin B6: 0.26mg (12.81%), Calcium: 111.33mg (11.13%), Vitamin B5: 1mg (10%), Zinc: 1.27mg (8.49%), Vitamin A: 416.77IU (8.34%), Vitamin B12: 0.2µg (3.38%), Vitamin D: 0.33µg (2.22%)