



WHATSheATE



Artichoke Leaves with Cumin Shrimp Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



85 kcal

SIDE DISH

Ingredients



3 large artichokes



0.8 teaspoon cumin seeds



2 tablespoons juice of lemon fresh



2.5 tablespoons olive oil extra-virgin



1 tablespoon parsley minced



10 servings pepper freshly ground



0.3 cup bell pepper red minced



10 servings salt

- ☐ 0.8 pound shrimp shelled deveined

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ mortar and pestle
- ☐ steamer basket

Directions

- ☐ Put the artichokes in a steamer basket, stem ends down, and cook until the bottoms are tender when pierced, about 25 minutes.
- ☐ Transfer the artichokes to a plate and let cool.
- ☐ Meanwhile, in a medium saucepan of boiling salted water, cook the shrimp until opaque throughout, about 2 minutes.
- ☐ Drain and cut into 1/2-inch pieces.
- ☐ Pull off and reserve 50 of the large outer leaves of the artichokes; reserve the remaining leaves for later use. Pull out the small pointed leaves in the centers and, with a spoon, scrape out the hairy chokes.
- ☐ Cut the artichoke bottoms into 1/2-inch dice. In a large bowl, toss the diced artichokes with the shrimp.
- ☐ In a small skillet, toast the cumin seeds over moderate heat until fragrant, about 40 seconds.
- ☐ Transfer the seeds to a mortar or a spice grinder and let cool, then grind to a coarse powder. Empty the powder into a small bowl. Stir in the olive oil and lemon juice.
- ☐ Add the dressing to the artichokes and shrimp in the bowl along with the red bell pepper and parsley. Season with salt and pepper and toss well.
- ☐ Arrange the artichoke leaves on 2 platters. Spoon the shrimp salad onto the base of the leaves and serve chilled or at room temperature.
- ☐ Make Ahead: The recipe can be prepared ahead through Step 4; refrigerate the artichoke leaves and shrimp salad separately overnight.

Nutrition Facts



 **PROTEIN 37.42%**  **FAT 37.58%**  **CARBS 25%**

Properties

Glycemic Index:13.3, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:5.9534782346176%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 6.12mg, Naringenin: 6.12mg, Naringenin: 6.12mg, Naringenin: 6.12mg Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 85.28kcal (4.26%), Fat: 3.8g (5.85%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 2.93g (1.07%), Sugar: 0.72g (0.8%), Cholesterol: 54.77mg (18.26%), Sodium: 280.7mg (12.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.05%), Vitamin K: 16.21µg (15.44%), Vitamin C: 12.16mg (14.74%), Copper: 0.25mg (12.49%), Phosphorus: 118.89mg (11.89%), Fiber: 2.77g (11.06%), Magnesium: 42.62mg (10.65%), Folate: 36µg (9%), Potassium: 286.88mg (8.2%), Manganese: 0.16mg (7.95%), Iron: 0.97mg (5.4%), Zinc: 0.72mg (4.79%), Calcium: 46.14mg (4.61%), Vitamin E: 0.67mg (4.46%), Vitamin B6: 0.07mg (3.49%), Vitamin A: 159.28IU (3.19%), Vitamin B3: 0.56mg (2.8%), Vitamin B1: 0.04mg (2.61%), Vitamin B2: 0.04mg (2.16%), Vitamin B5: 0.18mg (1.83%)