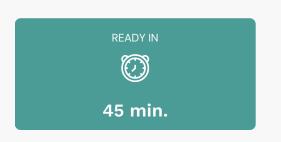
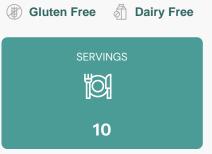


Artichoke Leaves with Cumin Shrimp Salad







SIDE DISH

Ingredients

3 large articnokes
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
O.3 cup bell pepper red minced

10 servings salt

	0.8 pound shrimp shelled deveined	
Εq	uipment	
	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

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, Naringenin: 6.12mg, Naringenin: 6.12mg, Naringenin: 6.12mg, Naringenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg, Luteolin: 1.15mg, 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: 0.02mg, 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%)