



Artichoke, Leek, and Pea Ragout Over Toast

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

BREAD

Ingredients

- 2.5 pounds baby artichokes
- 0.3 teaspoon pepper black
- 1.5 teaspoons dijon mustard
- 0.5 cup cooking wine dry white
- 2 teaspoons flour all-purpose
- 2 tablespoons parsley fresh chopped
- 1 teaspoon tarragon fresh chopped
- 2 cups leek thinly sliced (2 large)

- 0.3 cup juice of lemon fresh
- 0.3 cup cup heavy whipping cream sour low-fat
- 1 cup peas green frozen thawed
- 0.1 teaspoon salt
- 1 cup vegetable broth canned
- 1 teaspoon vegetable oil
- 1.5 cups water
- 6 ounce sandwich bread white firm toasted (such as Pepperidge Farm)

Equipment

- frying pan
- knife

Directions

- Combine the water and lemon juice. Working with 1 artichoke at a time, cut off stem to within 1 inch of base; peel stem.
- Remove bottom leaves and tough outer leaves, leaving the tender heart and bottom.
- Cut artichoke lengthwise into quarters.
- Remove the fuzzy thistle from bottom with a knife.
- Place artichoke in lemon water. Repeat procedure with remaining artichokes.
- Drain.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add leek, and saut 4 minutes.
- Add artichokes, and saut 2 minutes. Stir in wine; cook until liquid evaporates.
- Add broth, parsley, tarragon, pepper, and salt; reduce heat, and simmer 2 minutes.
- Sprinkle with flour; stir in peas, and cook 2 minutes.
- Remove from heat.
- Combine sour cream and mustard; stir into vegetable mixture. Spoon vegetable mixture over toast.

Nutrition Facts

PROTEIN 18.55% FAT 10.84% CARBS 70.61%

Properties

Glycemic Index:113.03, Glycemic Load:19.28, Inflammation Score:-10, Nutrition Score:23.314347585906%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 365.44kcal (18.27%), Fat: 4.62g (7.11%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 67.72g (22.57%), Net Carbohydrates: 48.28g (17.56%), Sugar: 12.41g (13.79%), Cholesterol: 5.03mg (1.68%), Sodium: 915.71mg (39.81%), Alcohol: 3.09g (100%), Alcohol %: 0.63% (100%), Protein: 17.79g (35.59%), Vitamin A: 3915.86IU (78.32%), Fiber: 19.44g (77.77%), Vitamin K: 65.29µg (62.18%), Iron: 7.91mg (43.94%), Vitamin C: 34.46mg (41.77%), Manganese: 0.73mg (36.26%), Folate: 110.57µg (27.64%), Calcium: 261.2mg (26.12%), Vitamin B1: 0.36mg (24.28%), Selenium: 12.46µg (17.8%), Vitamin B3: 3.16mg (15.79%), Phosphorus: 125.63mg (12.56%), Vitamin B6: 0.24mg (12.25%), Vitamin B2: 0.2mg (11.9%), Magnesium: 46.21mg (11.55%), Copper: 0.2mg (10.05%), Potassium: 317.52mg (9.07%), Zinc: 1.06mg (7.09%), Vitamin E: 0.73mg (4.88%), Vitamin B5: 0.38mg (3.81%), Vitamin B12: 0.06µg (1.01%)