



Artichoke & lemon salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 lemons plus a tablespoon to taste
- ☐ 2 tbsp rock salt
- ☐ 140 g blanched almond
- ☐ 1 tbsp thyme leaves fresh
- ☐ 2 tbsp clear honey
- ☐ 1 tbsp red wine vinegar
- ☐ 5 tbsp olive oil extra-virgin
- ☐ 800 g artichoke hearts in water salted rinsed halved canned

- ☐ 50 g rocket leaves
- ☐ 160 g pancetta (12 slices)
- ☐ 70 g salami napoli (12 slices)
- ☐ 70 g bresaola (11 slices)
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ sieve

Directions

- ☐ Three hours before serving, put the two whole lemons into a saucepan of water with the rock salt.
- ☐ Place a small lid or saucer on the lemons to keep them submerged and simmer for 10 minutes until they are soft when tested with the point of a knife. Tip the lemons into a sieve and cool under the cold tap. Dry roast the almonds in a small frying pan until golden brown, stirring frequently to make sure they don't burn, then set aside. In a large bowl, mix the thyme with the honey, vinegar and olive oil. Squeeze the juice from the remaining lemon and add to the honey mixture. Halve the boiled lemons, then trim away all the flesh and membranes with a sharp knife and discard.
- ☐ Remove all the bitter white pith from the inside of the skin. Finely chop the remaining thin pieces of lemon skin and toss them into the dressing with the artichokes. Taste, adding more fresh lemon juice if too salty. Pile into a serving dish, cover and keep at cool room temperature. To serve: arrange the cold meat on a platter. Toss the rocket into the salad with the roasted almonds (add the nuts at the last minute so they remain crunchy) and serve in a bowl.

Nutrition Facts



 **PROTEIN 10.7%**  **FAT 71.01%**  **CARBS 18.29%**

Properties

Glycemic Index:30.46, Glycemic Load:4.07, Inflammation Score:-8, Nutrition Score:9.3482607836309%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 465.1kcal (23.25%), Fat: 37.97g (58.42%), Saturated Fat: 7.39g (46.21%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 15.66g (5.69%), Sugar: 9.11g (10.12%), Cholesterol: 26.82mg (8.94%), Sodium: 3262.13mg (141.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.74%), Vitamin C: 31.79mg (38.53%), Fiber: 6.35g (25.4%), Vitamin K: 16.11µg (15.34%), Vitamin B1: 0.21mg (13.86%), Vitamin E: 1.91mg (12.74%), Selenium: 8.63µg (12.32%), Iron: 1.92mg (10.66%), Vitamin B6: 0.19mg (9.51%), Vitamin B3: 1.84mg (9.18%), Calcium: 86.07mg (8.61%), Phosphorus: 79.81mg (7.98%), Vitamin B12: 0.46µg (7.67%), Potassium: 214.48mg (6.13%), Zinc: 0.92mg (6.13%), Vitamin A: 274.92IU (5.5%), Vitamin B2: 0.09mg (5.07%), Manganese: 0.09mg (4.34%), Vitamin B5: 0.42mg (4.2%), Magnesium: 16.17mg (4.04%), Folate: 14.92µg (3.73%), Copper: 0.07mg (3.36%)