



food
network

Artichoke Provencale

READY IN



85 min.

SERVINGS



2

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 jumbo artichokes steamed halved
- ☐ 4 ounces bay scallops
- ☐ 2 ounces butter room temperature
- ☐ 2 tablespoons capers
- ☐ 0.8 cups bottled clam juice
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 ounces flour
- ☐ 2 tablespoons garlic chopped
- ☐ 3 green onions sliced greens only

- ☐ 2 juice of lemon juiced
- ☐ 0.5 cup mushrooms sliced
- ☐ 0.1 cup olive oil
- ☐ 3 plum tomatoes diced seeded
- ☐ 4 ounces rock shrimp
- ☐ 2 tablespoons shallots chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ Cover the bottom of a saute pan with 1/8 cup olive oil and heat.
- ☐ Add the garlic and shallot to pan, and saute until light brown in color.
- ☐ Add the bay scallops and rock shrimp and saute for 1 to 2 minutes. Do not overcook scallops and shrimp.
- ☐ Remove from heat.
- ☐ In another saute pan, add the remaining 1/8 cup olive oil and heat.
- ☐ Add tomatoes, mushrooms, lemon juice, clam juice, white wine, and capers. Simmer for 2 to 3 minutes. Reduce liquid by 25 percent.
- ☐ Add the reserved seafood to the mixture of tomatoes and mushrooms.
- ☐ Add the green onions. In a small bowl, make a beurre manie by combining the butter and the flour and mixing until a paste is formed.
- ☐ Add the beurre manie to the mixture and whisk to incorporate. Bring to a simmer and cook for 1 to 2 minutes.
- ☐ Place artichoke halves in a soup bowl and ladle mixture over artichoke.

Nutrition Facts



Properties

Glycemic Index:167, Glycemic Load:20.42, Inflammation Score:-9, Nutrition Score:33.681304151597%

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: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 17.16mg, Naringenin: 17.16mg, Naringenin: 17.16mg, Naringenin: 17.16mg Apigenin: 9.59mg, Apigenin: 9.59mg, Apigenin: 9.59mg, Apigenin: 9.59mg Luteolin: 2.96mg, Luteolin: 2.96mg, Luteolin: 2.96mg, Luteolin: 2.96mg Kaempferol: 10.86mg, Kaempferol: 10.86mg, Kaempferol: 10.86mg, Kaempferol: 10.86mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 16.53mg, Quercetin: 16.53mg, Quercetin: 16.53mg, Quercetin: 16.53mg

Nutrients (% of daily need)

Calories: 659.92kcal (33%), Fat: 38.85g (59.77%), Saturated Fat: 16.87g (105.42%), Carbohydrates: 51.08g (17.03%), Net Carbohydrates: 40.74g (14.82%), Sugar: 6.73g (7.47%), Cholesterol: 146mg (48.67%), Sodium: 1372.2mg (59.66%), Alcohol: 3.09g (100%), Alcohol %: 0.63% (100%), Protein: 26.7g (53.41%), Vitamin K: 76.4µg (72.77%), Phosphorus: 584.25mg (58.43%), Vitamin C: 46.85mg (56.79%), Selenium: 38.58µg (55.12%), Folate: 204.6µg (51.15%), Manganese: 0.9mg (45.06%), Fiber: 10.34g (41.34%), Vitamin B3: 7.39mg (36.93%), Vitamin A: 1800.62IU (36.01%), Copper: 0.71mg (35.71%), Potassium: 1237.16mg (35.35%), Magnesium: 137mg (34.25%), Vitamin E: 4.48mg (29.85%), Vitamin B6: 0.58mg (28.92%), Vitamin B1: 0.43mg (28.49%), Vitamin B12: 1.58µg (26.3%), Iron: 4.69mg (26.08%), Vitamin B2: 0.44mg (25.77%), Calcium: 177.84mg (17.78%), Zinc: 2.57mg (17.14%), Vitamin B5: 1.47mg (14.73%)