



Artichokes Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon basil dried
- 18 ounce artichoke hearts frozen
- 1 tablespoon oregano dried
- 4 ounce pimientos diced drained
- 2 tablespoons pickle sweet chopped
- 0.5 cup vegetable oil
- 0.5 cup citrus champagne vinegar

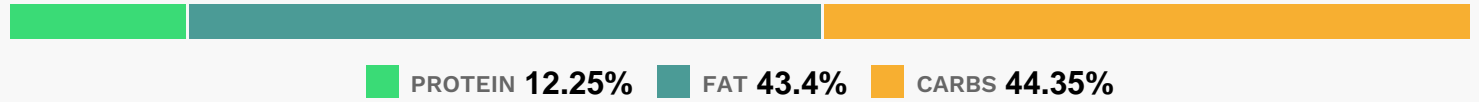
Equipment

- bowl
- slotted spoon

Directions

- Cook artichokes according to package directions; drain.
- Place in a glass bowl.
- Add pimienta; toss gently.
- Combine oil and remaining ingredients in a jar; cover tightly and shake vigorously.
- Pour over artichokes; toss gently. Chill until ready to serve.
- Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.35, Inflammation Score:-8, Nutrition Score:8.0556521558243%

Nutrients (% of daily need)

Calories: 80.4kcal (4.02%), Fat: 4.13g (6.35%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 5.31g (1.93%), Sugar: 1.57g (1.74%), Cholesterol: 0mg (0%), Sodium: 67.58mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Vitamin C: 24.32mg (29.48%), Folate: 110.77µg (27.69%), Fiber: 4.19g (16.75%), Vitamin K: 17.54µg (16.71%), Manganese: 0.29mg (14.31%), Vitamin A: 685.21IU (13.7%), Vitamin B2: 0.14mg (8.22%), Potassium: 272.78mg (7.79%), Iron: 1.3mg (7.22%), Magnesium: 28.27mg (7.07%), Vitamin B6: 0.13mg (6.52%), Phosphorus: 57.24mg (5.72%), Vitamin B3: 0.92mg (4.61%), Vitamin E: 0.63mg (4.23%), Vitamin B1: 0.06mg (3.74%), Calcium: 36.86mg (3.69%), Copper: 0.07mg (3.38%), Zinc: 0.36mg (2.37%), Vitamin B5: 0.17mg (1.73%)