



Artichokes with Lemonnaisse

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- 4 artichokes
- 1 teaspoon peppercorns black
- 0.5 teaspoon mustard dry
- 4 servings salt and fresh-ground pepper
- 2 tablespoons juice of lemon
- 2 teaspoons olive oil extra-virgin
- 0.5 cup silken tofu firm soft drained
- 3 tablespoons distilled vinegar white

Equipment

- food processor
- frying pan
- blender
- kitchen scissors

Directions

- Fill a 6- to 8-quart pan halfway with water.
- Add vinegar and peppercorns; bring to a boil over high heat.
- Meanwhile, slice about 1 inch off tops of artichokes; discard tips. Trim stems flush with bottoms. Pull off and discard small leaves from bottoms. With scissors, cut thorny tips from remaining outer leaves.
- Add artichokes to water and simmer, covered, until bottoms pierce easily, 30 to 35 minutes; drain.
- While artichokes cook, make lemonnaisse. In a blender or food processor (a blender produces the best results), whirl tofu, lemon juice, oil, and mustard until smooth. Season with salt and pepper. (If making ahead, chill airtight up to 1 day; stir before using.)
- Serve artichokes with sauce for dipping.
- Varying your dunk sauce: For variations on lemonnaisse (step 4 above), add ingredients to the basic recipe and whirl in a blender or food processor until smooth.
- Add 1 clove minced garlic.
- Add 2 teaspoons drained capers and 1 1/2 teaspoons anchovy paste.
- Chili-cilantro sauce: Instead of lemon juice, use 4 teaspoons lime juice.
- Add 1/2 to 1 stemmed fresh serrano chili and 1/3 cup packed fresh cilantro.
- Add 1/4 cup dried tomato halves (not oil-packed).
- Add 1 cup each lightly packed spinach leaves and parsley, and 1/2 cup chopped green onions.
- Add 2 tablespoons each madeira and minced chives.
- Orange-coriander sauce: Use only 1 tablespoon lemon juice.

- Add 4 teaspoons orange juice and 1/2 teaspoon each ground coriander and grated orange peel.
- Tamari-sesame sauce: Substitute Asian (toasted) sesame oil for olive oil.
- Add 1 1/2 teaspoons tamari.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:2.23, Inflammation Score:-6, Nutrition Score:10.969565307317%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 16.1mg, Naringenin: 16.1mg, Naringenin: 16.1mg, Naringenin: 16.1mg Apigenin: 9.58mg, Apigenin: 9.58mg, Apigenin: 9.58mg, Apigenin: 9.58mg Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 101.95kcal (5.1%), Fat: 3.13g (4.82%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 8.33g (3.03%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 316.2mg (13.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Fiber: 7.27g (29.09%), Manganese: 0.48mg (24.1%), Folate: 89.13µg (22.28%), Magnesium: 88.76mg (22.19%), Vitamin C: 17.9mg (21.69%), Vitamin K: 21.96µg (20.92%), Copper: 0.38mg (18.76%), Potassium: 551.32mg (15.75%), Phosphorus: 138.42mg (13.84%), Iron: 2.03mg (11.3%), Vitamin B1: 0.13mg (8.45%), Vitamin B6: 0.16mg (7.97%), Vitamin B3: 1.46mg (7.29%), Calcium: 72.34mg (7.23%), Vitamin B2: 0.1mg (5.89%), Zinc: 0.81mg (5.43%), Vitamin B5: 0.46mg (4.6%), Vitamin E: 0.57mg (3.78%), Selenium: 0.9µg (1.28%)