



Artichokes with Roasted-Pepper Dip



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 1 pound artichokes
- ☐ 1 bay leaf
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon capers
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon feta cheese crumbled finely
- ☐ 0.3 teaspoon fines herbes dried
- ☐ 3 slices optional: lemon

- ☐ 2 teaspoons olive oil
- ☐ 2 bell peppers red
- ☐ 1 teaspoon red wine vinegar
- ☐ 12 cups water

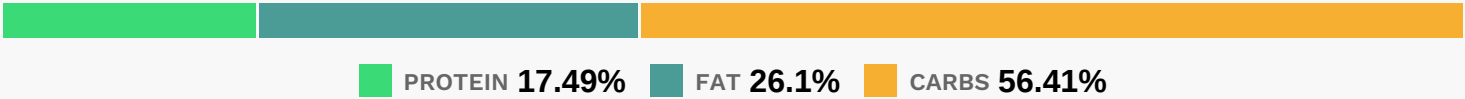
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise, discarding seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 10 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 20 minutes. Peel and set aside.
- ☐ Cut off artichoke stems, and remove bottom leaves. Trim about 1 inch from tops of artichokes. Bring water, lemon slices, and bay leaf to a boil in a large Dutch oven.
- ☐ Add artichokes; cover, reduce heat, and simmer 25 minutes or until a leaf near the center of each artichoke pulls out easily.
- ☐ Drain well; discard lemon and bay leaf. Set aside.
- ☐ Combine bell peppers, oil, mustard, and vinegar in a blender; process until smooth.
- ☐ Combine bell pepper mixture, fines herbes, and black pepper. Spoon 2/3 cup into a serving bowl; sprinkle with feta and capers.
- ☐ Serve with artichokes. Cover and chill remaining dip.

Nutrition Facts



Properties

Glycemic Index:90.25, Glycemic Load:5.5, Inflammation Score:-10, Nutrition Score:30.206956541409%

Flavonoids

Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 28.41mg, Naringenin: 28.41mg, Naringenin: 28.41mg, Naringenin: 28.41mg Apigenin: 16.97mg, Apigenin: 16.97mg, Apigenin: 16.97mg, Apigenin: 16.97mg Luteolin: 6.15mg, Luteolin: 6.15mg, Luteolin: 6.15mg, Luteolin: 6.15mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 202.92kcal (10.15%), Fat: 6.75g (10.38%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 32.81g (10.94%), Net Carbohydrates: 17.45g (6.35%), Sugar: 7.58g (8.42%), Cholesterol: 7.57mg (2.52%), Sodium: 455.27mg (19.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.34%), Vitamin C: 184.56mg (223.71%), Vitamin A: 3806.32IU (76.13%), Fiber: 15.36g (61.45%), Folate: 213.76µg (53.44%), Magnesium: 170.22mg (42.56%), Vitamin K: 44.5µg (42.38%), Copper: 0.79mg (39.33%), Manganese: 0.77mg (38.58%), Vitamin B6: 0.66mg (32.96%), Potassium: 1121.65mg (32.05%), Phosphorus: 271.54mg (27.15%), Iron: 3.84mg (21.35%), Calcium: 202.21mg (20.22%), Vitamin E: 2.95mg (19.67%), Vitamin B2: 0.33mg (19.39%), Vitamin B3: 3.67mg (18.36%), Vitamin B1: 0.26mg (17.01%), Vitamin B5: 1.26mg (12.63%), Zinc: 1.85mg (12.32%), Selenium: 3.61µg (5.16%), Vitamin B12: 0.14µg (2.39%)