



Artichokes with Scallion Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

Ingredients

- 4 large artichokes
- 5 bay leaves
- 2 teaspoons dijon mustard
- 6 tablespoons parsley fresh chopped
- 0.5 teaspoon fresh-ground pepper black
- 1.3 teaspoons juice of lemon
- 1 cup olive oil
- 1 small onion cut into thin slices

- 12 peppercorns
- 1.5 teaspoons salt
- 4 scallions including tops green chopped
- 1 quart water
- 5.5 tablespoons red-wine vinegar

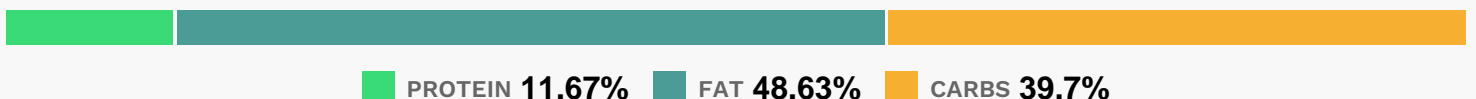
Equipment

- bowl
- knife
- whisk
- pot
- kitchen scissors

Directions

- In a large wide stainless-steel pot, combine the water, the 2 tablespoons oil, 1 1/2 tablespoons of the vinegar, the onion, peppercorns, bay leaves, and 1/4 teaspoon of the salt. Bring to a boil.
- Cut the stems off the artichokes and cut off the top third of the leaves. If you like, using scissors, cut off the tips from the remaining leaves to remove the thorns.
- Put the artichokes in the pot, stem ends down. Cover and bring back to a boil. Reduce the heat and simmer until the bases of the artichokes are tender when pierced with a small knife, 30 to 40 minutes.
- Remove the artichokes.
- In a small glass or stainless-steel bowl, whisk together the mustard, the remaining 4 tablespoons vinegar, the scallions, parsley, lemon juice, the remaining 1 1/4 teaspoons salt, and the ground pepper.
- Add the remaining 1 cup oil slowly, whisking.
- Serve each artichoke with a small bowl of vinaigrette alongside for dipping.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:3.33, Inflammation Score:-8, Nutrition Score:18.765652283378%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 20.27mg, Naringenin: 20.27mg, Naringenin: 20.27mg, Naringenin: 20.27mg Apigenin: 25.1mg, Apigenin: 25.1mg, Apigenin: 25.1mg, Apigenin: 25.1mg Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 192.17kcal (9.61%), Fat: 11.25g (17.3%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 10.82g (3.94%), Sugar: 2.75g (3.06%), Cholesterol: 0mg (0%), Sodium: 1071.66mg (46.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.15%), Vitamin K: 154.73µg (147.36%), Fiber: 9.84g (39.36%), Vitamin C: 31.26mg (37.89%), Folate: 131.09µg (32.77%), Manganese: 0.57mg (28.44%), Magnesium: 109.95mg (27.49%), Copper: 0.45mg (22.52%), Potassium: 712.97mg (20.37%), Iron: 2.97mg (16.49%), Phosphorus: 164.28mg (16.43%), Vitamin E: 1.99mg (13.3%), Vitamin A: 659.1IU (13.18%), Vitamin B6: 0.23mg (11.39%), Calcium: 106.36mg (10.64%), Vitamin B1: 0.14mg (9.48%), Vitamin B3: 1.88mg (9.4%), Vitamin B2: 0.13mg (7.68%), Zinc: 0.99mg (6.63%), Vitamin B5: 0.62mg (6.19%), Selenium: 1.37µg (1.96%)