



Artichokes with Smoked-Herb Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 4 large artichokes trimmed
- ☐ 2 tablespoons capers chopped
- ☐ 3 tablespoons optional: dill chopped
- ☐ 10 servings hot sauce
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 cup mayonnaise
- ☐ 10 servings pepper freshly ground

- ☐ 0.5 teaspoon sea salt smoked
- ☐ 0.3 teaspoon paprika smoked sweet

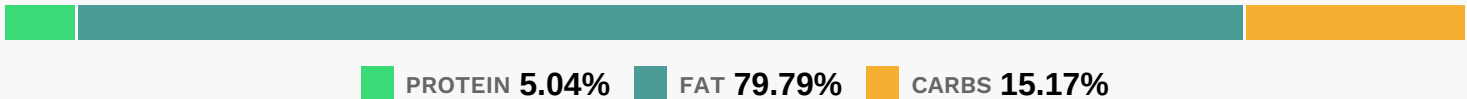
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ steamer basket

Directions

- ☐ Set a steamer basket in a large pot over 1/2 inch of boiling water. Arrange the artichokes, stem side down, in the basket. Cover and steam over moderate heat until a knife easily pierces the stems, about 30 minutes.
- ☐ Transfer the artichokes to a platter.
- ☐ In a bowl, whisk the mayonnaise, dill, capers, lemon zest and juice, salt and paprika.
- ☐ Add a few dashes of hot sauce and season the mayonnaise with pepper.
- ☐ Serve the artichokes warm or lightly chilled with the mayonnaise.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:6.8552173505659%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 8.11mg, Naringenin: 8.11mg, Naringenin: 8.11mg, Naringenin: 8.11mg Apigenin: 4.85mg, Apigenin: 4.85mg, Apigenin: 4.85mg, Apigenin: 4.85mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 183.91kcal (9.2%), Fat: 16.88g (25.97%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 3.6g (1.31%), Sugar: 0.82g (0.91%), Cholesterol: 9.41mg (3.14%), Sodium: 366.52mg (15.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin K: 46.7µg (44.48%), Fiber: 3.62g (14.48%), Folate: 46.01µg (11.5%), Vitamin C: 8.47mg (10.27%), Magnesium: 40.06mg (10.01%), Manganese: 0.18mg (9.21%), Copper: 0.16mg (8.11%), Potassium: 249.75mg (7.14%), Phosphorus: 63.69mg (6.37%), Vitamin E: 0.89mg (5.93%), Iron: 0.94mg (5.2%), Vitamin B6: 0.08mg (3.99%), Vitamin B3: 0.7mg (3.49%), Vitamin B1: 0.05mg (3.33%), Calcium: 32.16mg (3.22%), Vitamin B2: 0.05mg (2.99%), Vitamin B5: 0.26mg (2.63%), Zinc: 0.36mg (2.41%), Vitamin A: 59.95IU (1.2%)