



## Cornmeal-Fried Artichokes

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 artichokes fresh
- ☐ 0.8 cup buttermilk
- ☐ 4 servings canola oil
- ☐ 1 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1.5 teaspoons ground pepper fresh
- ☐ 2 teaspoons kosher salt
- ☐ 4 servings chipotle-lime mayo

- ☐ 4 servings garlic-lemon mayo
- ☐ 4 servings herb-shallot mayo
- ☐ 4 servings pepperoncini mayo
- ☐ 1.5 cups cornmeal plain yellow

## Equipment

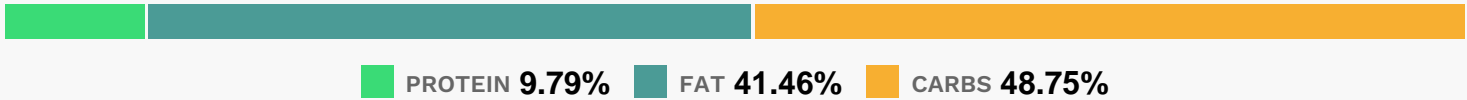
- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ dutch oven
- ☐ serrated knife

## Directions

- ☐ Cut 3 inches from top of each artichoke, using a serrated knife. Discard top portion.
- ☐ Remove and discard leaves from bottom portions of artichokes. Trim green skin from sides and stems, using a paring knife, being careful to leave stem ends intact.
- ☐ Cut each artichoke lengthwise into fourths.
- ☐ Remove and discard chokes.
- ☐ Pour oil to a depth of 3 inches into a Dutch oven; heat over medium-high heat to 35
- ☐ Combine cornmeal, salt, and pepper in a shallow bowl.
- ☐ Whisk together buttermilk and egg in another bowl.
- ☐ Toss artichokes in flour. Dip in egg mixture, and dredge in cornmeal mixture, shaking off excess.
- ☐ Fry artichokes, in batches, in hot oil 5 minutes or until tender and golden brown.
- ☐ Drain on a wire rack over paper towels.
- ☐ Serve with Mayo
- ☐ Mixtures.

Fast Fried Artichokes: Substitute 2 (14-oz.) cans artichoke bottoms, rinsed and drained, for fresh artichokes. Reduce salt to 1 tsp. Pat artichokes dry with paper towels; cut each into fourths. Proceed with recipe as directed, beginning with Step Makes 4 to 6 servings; Prep: 15 min., Fry: 5 min. per batch.

## Nutrition Facts



### Properties

Glycemic Index:105.13, Glycemic Load:41.95, Inflammation Score:-8, Nutrition Score:24.914782524109%

### Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 16.24mg, Naringenin: 16.24mg, Naringenin: 16.24mg, Naringenin: 16.24mg Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg, Apigenin: 9.57mg Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg, Luteolin: 2.94mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 629.55kcal (31.48%), Fat: 29.62g (45.57%), Saturated Fat: 4.4g (27.48%), Carbohydrates: 78.37g (26.12%), Net Carbohydrates: 64.84g (23.58%), Sugar: 4.69g (5.22%), Cholesterol: 56.49mg (18.83%), Sodium: 1427.4mg (62.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.74g (31.48%), Fiber: 13.54g (54.14%), Manganese: 0.98mg (48.75%), Vitamin K: 50.12µg (47.73%), Folate: 159.62µg (39.9%), Magnesium: 153.61mg (38.4%), Phosphorus: 342.63mg (34.26%), Vitamin B1: 0.49mg (32.35%), Vitamin B6: 0.55mg (27.71%), Iron: 4.89mg (27.17%), Copper: 0.51mg (25.58%), Selenium: 17.63µg (25.18%), Vitamin E: 3.51mg (23.38%), Vitamin B2: 0.4mg (23.25%), Potassium: 788.42mg (22.53%), Vitamin B3: 4.27mg (21.34%), Vitamin C: 17.01mg (20.62%), Zinc: 3.01mg (20.06%), Vitamin B5: 1.3mg (12.99%), Calcium: 129.48mg (12.95%), Vitamin D: 0.86µg (5.73%), Vitamin B12: 0.33µg (5.54%), Vitamin A: 173.79IU (3.48%)