



## Crispy Artichoke Flowers with Salsa Verde

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



128 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon anchovy paste
- 24 oz artichokes (not baby)
- 1 tablespoon capers drained chopped
- 2 tablespoons parsley fresh chopped
- 1 tablespoon juice of lemon fresh
- 2 optional: lemon halved
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 tablespoon shallots chopped

## Equipment

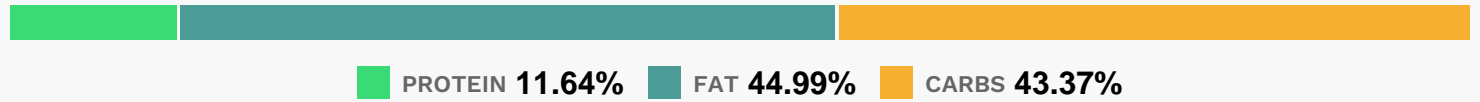
- bowl
- paper towels
- sauce pan
- whisk
- kitchen thermometer
- tongs
- melon baller

## Directions

- Fill a large bowl with 6 cups cold water and squeeze juice from 1 lemon into bowl.
- Cut stems of artichokes flush with base. Bend back outer leaves of 1 artichoke until they snap off close to base, then discard several more layers of leaves in same manner until exposed leaves are pale green at top and yellow at base.
- Cut off pale-green top of artichoke. Carefully spread leaves and scrape out purple leaves and hairy choke with a melon baller or spoon. Trim fibrous parts from base and rub artichoke all over with a lemon half.
- Place in bowl of lemon water, then repeat trimming process with remaining artichokes.
- Drain artichokes well, stem ends up.
- Heat oil in a deep 2-quart saucepan over moderate heat until a deep-fat thermometer registers about 200°F, then submerge artichokes with tongs, stem ends down, in oil. Simmer until artichokes are tender, about 10 minutes.
- Transfer to paper towels to drain.
- Reheat oil over moderate heat until deep-fat thermometer registers 365°F. Spear 1 artichoke, through center of stem end, with a long kitchen fork and immerse (still on fork) into oil. Fry until leaves are open, browned, and crisp, 30 to 40 seconds.
- Drain well, stem end up, on paper towels and repeat frying process with remaining artichokes. Make sure oil returns to 365°F for each artichoke.
- Whisk together lemon juice, anchovy paste, and oil until blended. Stir in shallot, capers, and parsley and season with salt and pepper.

Serve artichokes hot, warm, or at room temperature with sauce.

## Nutrition Facts



### Properties

Glycemic Index:19.92, Glycemic Load:2.53, Inflammation Score:-6, Nutrition Score:11.777391307947%

### Flavonoids

Eriodictyol: 7.81mg, Eriodictyol: 7.81mg, Eriodictyol: 7.81mg, Eriodictyol: 7.81mg Hesperetin: 10.41mg, Hesperetin: 10.41mg, Hesperetin: 10.41mg, Hesperetin: 10.41mg Naringenin: 14.41mg, Naringenin: 14.41mg, Naringenin: 14.41mg, Naringenin: 14.41mg Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg Luteolin: 3.32mg, Luteolin: 3.32mg, Luteolin: 3.32mg, Luteolin: 3.32mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

### Nutrients (% of daily need)

Calories: 128.42kcal (6.42%), Fat: 7.32g (11.26%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 8.6g (3.13%), Sugar: 2.23g (2.48%), Cholesterol: 0.11mg (0.04%), Sodium: 149.93mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Vitamin C: 35.28mg (42.76%), Vitamin K: 43.22µg (41.16%), Fiber: 7.28g (29.12%), Folate: 84.49µg (21.12%), Magnesium: 72.61mg (18.15%), Manganese: 0.31mg (15.48%), Copper: 0.28mg (14.23%), Potassium: 486.06mg (13.89%), Phosphorus: 110.24mg (11.02%), Iron: 1.84mg (10.22%), Vitamin E: 1.31mg (8.72%), Vitamin B6: 0.17mg (8.45%), Vitamin B1: 0.1mg (6.61%), Vitamin B3: 1.28mg (6.39%), Calcium: 62.76mg (6.28%), Vitamin B2: 0.09mg (5.08%), Vitamin B5: 0.47mg (4.67%), Zinc: 0.61mg (4.05%), Vitamin A: 137.09IU (2.74%)