



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

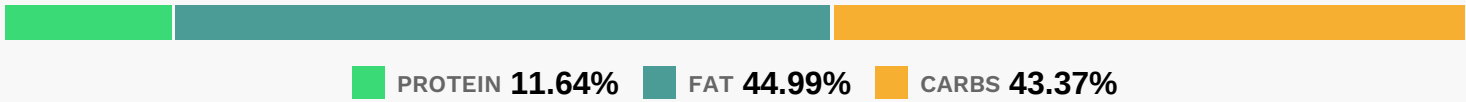
Directions

- ☐ 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%)