



Deep-Fried Baby Artichokes Stuffed with Pepper Jack Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 1 lb baby artichokes
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup bread crumbs fresh fine
- ☐ 2 large eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 optional: lemon fresh halved
- ☐ 1 tablespoon olive oil

- ☐ 0.8 cup pepper jack cheese grated
- ☐ 0.5 teaspoon salt

Equipment

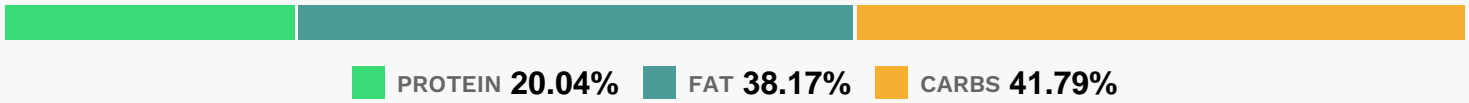
- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ colander
- ☐ serrated knife

Directions

- ☐ Squeeze juice from 1 lemon half into a large bowl of water, then drop same half into water.
- ☐ Cut off artichoke stems and discard.
- ☐ Cut off top 1/2 inch of 1 artichoke with a serrated knife. Bend back outer leaves until they snap off close to base, then discard several more layers of leaves in same manner until you reach pale yellow leaves with pale green tips.
- ☐ Cut off green tips.
- ☐ Trim dark green fibrous parts from base and sides of artichoke with a sharp paring knife, then rub cut surfaces with other lemon half. Drop artichoke into acidulated water.
- ☐ Trim remaining artichokes in same manner.
- ☐ Put 2 quarts water in a 4-quart pot and whisk in flour.
- ☐ Whisk in oil, salt, and remaining tablespoon lemon juice and bring to a simmer.
- ☐ Add trimmed artichokes and simmer, partially covered, until just tender when pierced with a knife, 8 to 12 minutes.
- ☐ Drain in a colander, then invert onto paper towels to drain thoroughly. Pat dry.
- ☐ When artichokes are cool enough to handle, pull out all pointed inner leaves and scoop out fuzzy choke with melon-ball cutter.

- ☐ Heat 2 inches oil in a 4-quart heavy pot over moderate heat until thermometer registers 350°F.
- ☐ While oil is heating, stuff each artichoke with 2 packed teaspoons cheese, pressing leaves around cheese.
- ☐ Put eggs and bread crumbs in separate shallow bowls and divide salt and pepper between them, stirring them in. Dip each artichoke in egg, turning to coat and letting excess drip off, then in crumbs, turning to coat.
- ☐ Transfer to a tray.
- ☐ Fry artichokes in 2 batches (returning oil to 350°F between batches) until golden brown, about 2 minutes.
- ☐ Transfer artichokes as fried to paper towels to drain, then cut in half.
- ☐ • Unless they are purplish in color, it's not necessary to remove chokes from very small artichokes because they are edible at this stage. But removing them will create more room for cheese stuffing. • Artichokes may be stuffed, but not coated, 1 day ahead and chilled, covered. Bring to room temperature before frying.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:2.0682608640712%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 51.96kcal (2.6%), Fat: 2.29g (3.53%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 4.41g (1.6%), Sugar: 0.68g (0.76%), Cholesterol: 18.64mg (6.21%), Sodium: 132.15mg (5.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Fiber: 1.24g (4.96%), Calcium: 43.78mg (4.38%), Vitamin A: 218.62IU (4.37%), Selenium: 3.03µg (4.33%), Iron: 0.64mg (3.55%), Vitamin B1: 0.05mg (3.23%), Phosphorus: 31.82mg (3.18%), Vitamin B2: 0.05mg (3.1%), Manganese: 0.05mg (2.4%), Folate: 8.23µg (2.06%), Vitamin B3: 0.32mg (1.62%), Zinc: 0.23mg (1.52%), Vitamin B12: 0.08µg (1.37%), Vitamin C: 0.86mg (1.04%)