



Fast Fried Artichokes

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



499 kcal

SIDE DISH

Ingredients

- ☐ 28 oz artichoke bottoms rinsed drained canned
- ☐ 0.8 cup buttermilk
- ☐ 6 servings canola oil
- ☐ 1 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1.5 teaspoons ground pepper fresh
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings chipotle-lime mayo

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

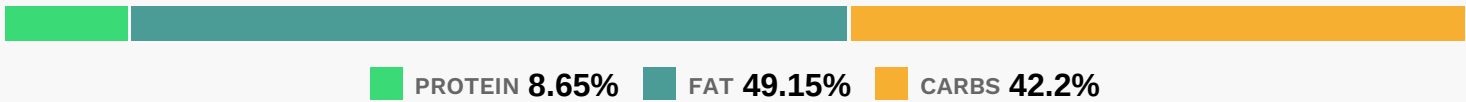
Equipment

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

Directions

- ☐ Pat artichokes dry with paper towels; cut each into fourths.
- ☐ 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.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:26.64, Inflammation Score:-5, Nutrition Score:13.956956521324%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 499.02kcal (24.95%), Fat: 27.28g (41.97%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 52.7g (17.57%), Net Carbohydrates: 46.29g (16.83%), Sugar: 4.28g (4.75%), Cholesterol: 39.34mg (13.11%), Sodium: 895.57mg (38.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.6%), Iron: 10.13mg (56.25%), Vitamin K: 30.64µg (29.18%), Fiber: 6.41g (25.65%), Manganese: 0.43mg (21.55%), Vitamin E: 3.13mg (20.86%), Vitamin B1: 0.26mg (17.55%), Selenium: 11.68µg (16.69%), Phosphorus: 152.88mg (15.29%), Vitamin B6: 0.27mg (13.59%), Magnesium: 51.38mg (12.84%), Vitamin B2: 0.21mg (12.26%), Folate: 48.77µg (12.19%), Zinc: 1.6mg (10.64%), Vitamin B3: 1.96mg (9.79%), Vitamin C: 6.8mg (8.24%), Copper: 0.15mg (7.3%), Vitamin A: 306.98IU (6.14%), Potassium: 212.98mg (6.09%), Vitamin B5: 0.59mg (5.9%), Calcium: 53.59mg (5.36%), Vitamin D: 0.58µg (3.87%), Vitamin B12: 0.23µg (3.78%)