



## Fire Roasted Artichokes with Herb Aioli

 Dairy Free

READY IN



75 min.

SERVINGS



2

CALORIES



883 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 jumbo artichokes with the choke removed steamed cut in half
- 2 tablespoons balsamic vinegar
- 1 tablespoon basil chopped
- 0.3 cup bread crumbs stale
- 2 servings caviar for garnish
- 6 egg yolks
- 0.3 cup basil fresh
- 2 tablespoons garlic chopped

- 6 cloves garlic
- 0.3 cup olive oil
- 1.5 cup olive oil
- 2 servings pepper sauce hot
- 0.5 teaspoon salt
- 2 servings salt and pepper
- 1 tablespoon shallots chopped
- 2 servings bell pepper white
- 0.5 tablespoon citrus champagne vinegar

## Equipment

- food processor
- bowl
- grill
- broiler

## Directions

- Mix the garlic, shallot, olive oil, balsamic vinegar, basil or cilantro, salt, and pepper together in a large bowl.
- Place the steamed artichokes in the mixture and marinate for 15 to 20 minutes.
- To make the aioli: combine bread crumbs, white wine vinegar, garlic, salt, and egg yolks in a food processor. With the motor running, slowly drizzle in olive oil to make an emulsion.
- Add white pepper and hot sauce, to taste.
- Add fresh basil or cilantro and pulse to combine.
- Preheat a grill.
- Remove the artichokes from the marinade and place on char-broiler or barbecue fire with the leaves of the artichoke up. Cook for 4 to 6 minutes depending on fire temperature.
- Remove from fire and garnish with herb aioli and caviar of choice.

## Nutrition Facts



■ PROTEIN 7.55% ■ FAT 75.11% ■ CARBS 17.34%

## Properties

Glycemic Index:137, Glycemic Load:5.26, Inflammation Score:-8, Nutrition Score:30.624347562375%

## Flavonoids

Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg, Naringenin: 16mg Apigenin: 9.74mg, Apigenin: 9.74mg, Apigenin: 9.74mg, Apigenin: 9.74mg Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 883.27kcal (44.16%), Fat: 75.19g (115.67%), Saturated Fat: 13.69g (85.55%), Carbohydrates: 39.05g (13.02%), Net Carbohydrates: 30.23g (10.99%), Sugar: 5.65g (6.28%), Cholesterol: 589.08mg (196.36%), Sodium: 1079.77mg (46.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.01g (34.03%), Vitamin E: 10.27mg (68.45%), Vitamin K: 69.68µg (66.36%), Selenium: 38.24µg (54.62%), Manganese: 0.97mg (48.41%), Folate: 190.22µg (47.56%), Phosphorus: 396.72mg (39.67%), Fiber: 8.82g (35.27%), Vitamin B6: 0.6mg (29.88%), Iron: 5.31mg (29.48%), Vitamin B2: 0.47mg (27.84%), Vitamin B1: 0.4mg (26.79%), Vitamin C: 21.79mg (26.41%), Magnesium: 101.41mg (25.35%), Copper: 0.47mg (23.74%), Vitamin B5: 2.3mg (23.05%), Vitamin B12: 1.32µg (21.93%), Calcium: 210.66mg (21.07%), Vitamin D: 2.94µg (19.63%), Potassium: 686.05mg (19.6%), Vitamin A: 978.01IU (19.56%), Zinc: 2.42mg (16.14%), Vitamin B3: 2.71mg (13.55%)