



## French in a Flash (Holiday): Red Pepper Caviar in Chilled Artichokes



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

### Ingredients

- ☐ 4 artichokes trimmed
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 cloves garlic grated
- ☐ 2 tablespoons greek yogurt 2%
- ☐ 4 servings kosher salt
- ☐ 1 teaspoon juice of lemon fresh

- ☐ 2 tablespoons mayonnaise
- ☐ 4 servings pepper black
- ☐ 2.3 pounds bell pepper red
- ☐ 1 tablespoon citrus champagne vinegar

## Equipment

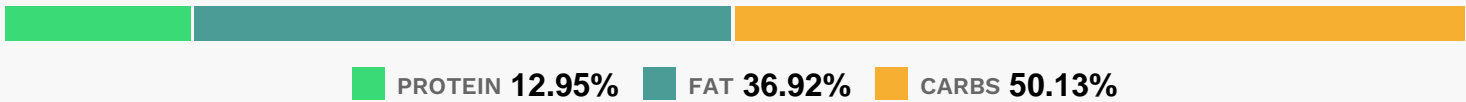
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ broiler
- ☐ colander

## Directions

- ☐ Place oven rack 6 inches below broiler. Preheat broiler.
- ☐ Place artichokes in large stockpot and submerge in enough water to cover by 2 inches. Salt water. Cover pot, and bring to boil over high heat. Once boiling, reduce heat to medium-low. Cook, turning occasionally, until artichoke stems are tender, and leaves are easily removed from artichoke, about 45 minutes.
- ☐ Place artichokes upside down in a colander placed over bowl, and refrigerate until completely chilled.
- ☐ Line rimmed baking sheet with aluminum foil.
- ☐ Place bell peppers on baking sheet, and broil for 30 minutes, turning once every 8 to 10 minutes. Once peppers are roasted, place in large glass bowl, and cover tightly with plastic wrap. Cool to room temperature. Once cool, remove skins and seeds. Pat roasted pepper flesh dry on paper towels.

- ☐
- Place roasted peppers and remaining ingredients in bowl of food processor. Process until smooth, about 2 minutes. Cover, and refrigerate.
- ☐
- Cut each chilled artichoke in half lengthwise.
- ☐
- Remove innermost leaves and choke with teaspoon. Fill cavity with chilled red pepper caviar. Repeat for all remaining artichoke halves.
- ☐
- Drizzle with extra virgin olive oil, and garnish with extra black pepper and fleur de sel.
- ☐
- Serve immediately with fresh baguette.

## Nutrition Facts



## Properties

Glycemic Index:52, Glycemic Load:5.48, Inflammation Score:-10, Nutrition Score:28.497391331455%

## 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: 16.02mg, Naringenin: 16.02mg, Naringenin: 16.02mg, Naringenin: 16.02mg Apigenin: 9.58mg, Apigenin: 9.58mg, Apigenin: 9.58mg, Apigenin: 9.58mg Luteolin: 4.5mg, Luteolin: 4.5mg, Luteolin: 4.5mg, Luteolin: 4.5mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 213.85kcal (10.69%), Fat: 9.78g (15.04%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 17.49g (6.36%), Sugar: 12.33g (13.7%), Cholesterol: 3.32mg (1.11%), Sodium: 385.87mg (16.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.43%), Vitamin C: 342.54mg (415.2%), Vitamin A: 8011.75IU (160.23%), Folate: 205.68µg (51.42%), Fiber: 12.38g (49.54%), Vitamin B6: 0.92mg (45.83%), Vitamin K: 45.17µg (43.02%), Vitamin E: 5.02mg (33.45%), Manganese: 0.66mg (33%), Potassium: 1035.98mg (29.6%), Magnesium: 109.69mg (27.42%), Phosphorus: 197.41mg (19.74%), Vitamin B3: 3.87mg (19.36%), Vitamin B2: 0.33mg (19.21%), Copper: 0.35mg (17.46%), Vitamin B1: 0.24mg (15.87%), Iron: 2.85mg (15.83%), Vitamin B5: 1.29mg (12.94%), Zinc: 1.34mg (8.96%), Calcium: 87.47mg (8.75%), Selenium: 2.06µg (2.94%), Vitamin B12: 0.06µg (1.01%)