



## Golden Fried Cardoon

READY IN



45 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup bread crumbs dry homemade
- 1 large eggs beaten
- 2 large egg yolks with 1 tablespoon water beaten
- 4 servings lemon wedges
- 0.3 cup parmesan cheese freshly grated
- 1 pound cardoon ribs trimmed
- 4 servings salt and pepper freshly ground
- 4 servings vegetable oil for frying
- 2 quarts water

- 2 tablespoons vinegar white

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- wire rack
- wax paper
- peeler

## Directions

- In a bowl, combine the water and vinegar. Using a vegetable peeler, remove the tough outer strings of the cardoon ribs.
- Cut the ribs into 2-inch lengths, adding them to the vinegar water as you work.
- Drain the cardoon ribs, transfer them to a large saucepan of lightly salted water and boil until very tender, about 30 minutes.
- Drain and pat dry; let cool.
- In a shallow bowl, combine the egg yolks and egg. In another bowl, toss the crumbs with the Parmesan, 1/2 teaspoon of salt and 1/8 teaspoon of pepper. Dip the cardoon in the eggs, then dredge in the crumbs, pressing to help them adhere. Shake off any excess and set the cardoon on a wax paper-lined tray.
- In a medium skillet, heat 1/2 inch of vegetable oil over moderately high heat. When the oil is very hot, add the cardoon, 5 or 6 pieces at a time, and fry until golden and crisp, about 1 1/2 minutes per side.
- Transfer the cardoon to a wire rack set over a baking sheet.
- Sprinkle lightly with salt and serve hot or at room temperature with lemon wedges.

## Nutrition Facts

**PROTEIN 18.81%** **FAT 65.99%** **CARBS 15.2%**

## Properties

Glycemic Index:18.88, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:16.989999900693%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 572.1kcal (28.6%), Fat: 41.65g (64.08%), Saturated Fat: 17.26g (107.88%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 20.34g (7.4%), Sugar: 1.8g (2%), Cholesterol: 228.79mg (76.26%), Sodium: 606.57mg (26.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.71g (53.41%), Selenium: 37.02µg (52.89%), Vitamin B12: 2.21µg (36.89%), Zinc: 5.43mg (36.23%), Vitamin B3: 6.13mg (30.63%), Phosphorus: 278.63mg (27.86%), Vitamin B2: 0.47mg (27.69%), Vitamin B6: 0.51mg (25.34%), Vitamin B1: 0.37mg (24.55%), Iron: 3.64mg (20.23%), Calcium: 149.02mg (14.9%), Manganese: 0.27mg (13.34%), Folate: 51.06µg (12.77%), Copper: 0.23mg (11.58%), Magnesium: 39.9mg (9.97%), Potassium: 339.72mg (9.71%), Vitamin K: 8.84µg (8.41%), Vitamin D: 0.97µg (6.45%), Vitamin B5: 0.62mg (6.17%), Vitamin A: 265.9IU (5.32%), Fiber: 1.24g (4.97%), Vitamin E: 0.63mg (4.23%)