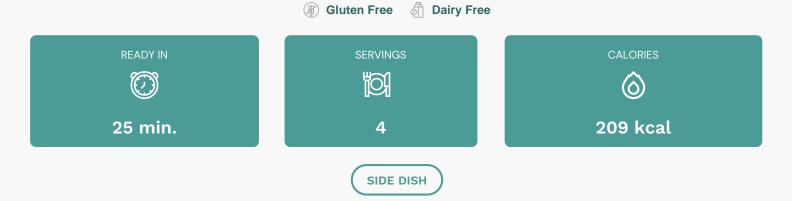


# Jerusalem Artichokes with Crispy Prosciutto



## Ingredients

- 1 pound sunchokes scrubbed cut into 1/4-inch-thick slices well (also known as sunchokes)
- 2 teaspoons juice of lemon freshly squeezed
- 2 teaspoons mint leaves
- 2 tablespoons olive oil
- 2 ounces pancetta thinly sliced
- 1 large shallots minced peeled
  - 3 tablespoons water

## Equipment

## Directions

Heat 1 tablespoon of the oil in a large frying pan over medium heat until shimmering.

Add the prosciutto in a single layer (you may have to do this in batches) and cook until crisp, about 3 to 5 minutes.

Remove from the pan to a paper-towel-lined plate and let cool slightly. Crumble and set aside.Return the pan to medium heat and add the remaining 1 tablespoon oil. When the oil shimmers, add the Jerusalem artichokes, season with salt, and cook, stirring occasionally, until browned and almost fork tender, about 15 minutes.

Add the water, stir to release any browned bits from the bottom of the pan, and cook until the water evaporates and the artichokes are fork tender, about 3 minutes.

Add the shallot and cook until golden, about 3 minutes more. Stir in the crumbled prosciutto, mint, and lemon juice, adjust the seasoning as needed, and serve immediately.

### **Nutrition Facts**

PROTEIN 7.84% 📕 FAT 52.83% 📕 CARBS 39.33%

#### **Properties**

Glycemic Index:15.5, Glycemic Load:6, Inflammation Score:-2, Nutrition Score:6.8673913738002%

#### Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Resperetin: 0.01mg,

#### Nutrients (% of daily need)

Calories: 208.85kcal (10.44%), Fat: 12.65g (19.46%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 19.16g (6.97%), Sugar: 11.44g (12.71%), Cholesterol: 9.36mg (3.12%), Sodium: 99.87mg (4.34%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.22g (8.45%), Iron: 4.03mg (22.4%), Vitamin B1: 0.27mg (18.02%), Potassium: 538.35mg (15.38%), Phosphorus: 112.85mg (11.28%), Vitamin B3: 2.06mg (10.3%), Copper: 0.17mg (8.63%), Vitamin E: 1.29mg (8.6%), Fiber: 2.03g (8.1%), Vitamin B6: 0.15mg (7.39%), Vitamin C: 6.02mg (7.3%), Magnesium: 22.59mg (5.65%), Vitamin B5: 0.55mg (5.5%), Selenium: 3.72µg (5.31%), Vitamin B2: 0.08mg (4.78%), Manganese: 0.09mg (4.44%), Folate: 17.42µg (4.36%), Vitamin K: 4.38µg (4.17%), Zinc: 0.33mg (2.21%),

Calcium: 19.58mg (1.96%), Vitamin B12: 0.07µg (1.18%)