



Jerusalem Artichokes with Crispy Prosciutto



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

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

frying pan

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, Hesperetin: 0.37mg 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, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)