



Jerusalem Artichokes with Salsa Verde

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 4 fillet anchovy packed in oil, drained, finely chopped
- ☐ 2 tablespoons capers drained chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic clove finely grated
- ☐ 3 pounds sunchokes unpeeled cut into 1 1/2" pieces (also called sunchokes)
- ☐ 8 servings pepper freshly ground
- ☐ 0.5 cup olive oil divided
- ☐ 0.5 teaspoons pepper red crushed

☐ 1 tablespoon red wine vinegar

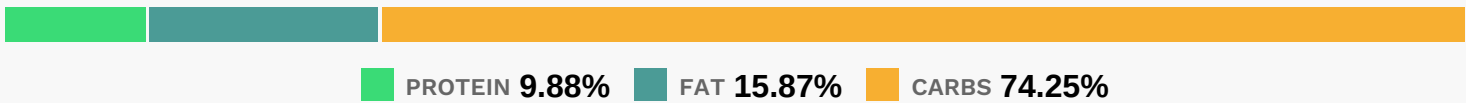
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450°F. Toss Jerusalemartichokes with 1/2 cup oil on a baking sheet;season with salt and pepper. Roast, tossinghalfway through, until soft, 25–30 minutes.
- ☐ Mix anchovies, garlic, parsley, capers,vinegar, red pepper flakes, and remaining1/2 cup oil in a small bowl; season with salt andpepper.
- ☐ Serve with Jerusalem artichokes.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:8.74, Inflammation Score:-5, Nutrition Score:11.85782606511%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 154.55kcal (7.73%), Fat: 2.89g (4.44%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 27.39g (9.96%), Sugar: 16.39g (18.21%), Cholesterol: 1.2mg (0.4%), Sodium: 68.77mg (2.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.09%), Vitamin K: 64.1µg (61.05%), Iron: 6.18mg (34.34%), Vitamin B1: 0.35mg (23.12%), Potassium: 766.48mg (21.9%), Vitamin C: 12.12mg (14.69%), Phosphorus: 140.36mg (14.04%), Copper: 0.26mg (13.02%), Vitamin B3: 2.57mg (12.87%), Fiber: 2.99g (11.98%), Magnesium: 32.89mg (8.22%), Vitamin A: 391.36IU (7.83%), Vitamin B6: 0.15mg (7.49%), Folate: 28.53µg (7.13%), Vitamin B5: 0.71mg (7.11%), Manganese: 0.14mg (6.96%), Vitamin B2: 0.12mg (6.81%), Vitamin E: 0.82mg (5.46%), Calcium: 35.08mg (3.51%), Selenium: 2.09µg (2.98%), Zinc: 0.3mg (2.01%)