



Jewish Fried Artichokes

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 4 large artichokes (large, not baby)
- ☐ 8 servings deep dish pie crust
- ☐ 4 optional: lemon fresh for preparation and serving
- ☐ 8 servings olive oil for frying
- ☐ 8 servings salt and pepper

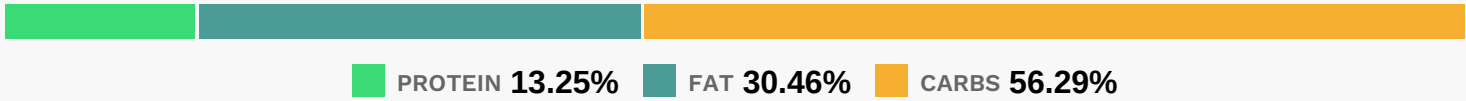
Equipment

- ☐ frying pan
- ☐ deep fryer

Directions

- ☐ Save Recipe
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- ☐ Jewish Fried Artichokes
- ☐ Ingredients4 artichokes (large, not baby)Olive oil for frying
- ☐ Salt and pepper4–5 fresh lemons for preparation and serving
- ☐ You will also need
- ☐ Saute pan or deep fryer
- ☐ Total Time: 1 Hour
- ☐ Servings: 8 fried artichoke halves
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:7.19, Glycemic Load:2.22, Inflammation Score:-5, Nutrition Score:8.6160870142605%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 10.42mg, Naringenin: 10.42mg, Naringenin: 10.42mg, Naringenin: 10.42mg Apigenin: 6.07mg, Apigenin: 6.07mg, Apigenin: 6.07mg, Apigenin: 6.07mg Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 83.16kcal (4.16%), Fat: 3.37g (5.19%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 8.11g (2.95%), Sugar: 2.15g (2.39%), Cholesterol: 0mg (0%), Sodium: 274.6mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin C: 38.1mg (46.18%), Fiber: 5.9g (23.6%), Folate: 61.79µg (15.45%), Magnesium: 53.08mg (13.27%), Vitamin K: 13.82µg (13.17%), Manganese: 0.23mg (11.44%), Potassium: 375.2mg (10.72%), Copper: 0.21mg (10.4%), Phosphorus: 82.22mg (8.22%), Iron: 1.4mg (7.78%), Vitamin B6: 0.14mg (6.88%), Vitamin B1: 0.08mg (5.48%), Calcium: 50.03mg (5%), Vitamin B3: 0.93mg (4.63%), Vitamin E: 0.65mg

(4.34%), Vitamin B2: 0.07mg (3.86%), Vitamin B5: 0.38mg (3.8%), Zinc: 0.43mg (2.9%)