



Marinated Artichokes and Mirlitons



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce artichoke bottoms drained sliced canned
- ☐ 0.5 teaspoon cajun-creole seasoning
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup low-salt chicken broth
- ☐ 24 ounce mirlitons (chayotes)
- ☐ 1 tablespoon olive oil

- ☐ 2 ounce pimento diced drained
- ☐ 0.5 cup citrus champagne vinegar

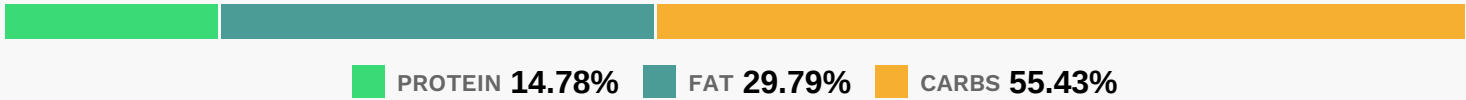
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Peel mirlitons; cut in half lengthwise, and discard pits.
- ☐ Cut mirliton halves lengthwise into slices. Steam mirliton slices and artichoke bottoms, covered, 40 minutes or until tender. Cool.
- ☐ Combine vinegar and next 7 ingredients (vinegar through pimento) in a large bowl; stir with a whisk.
- ☐ Add vegetables to vinegar mixture; toss well. Cover and marinate 1 hour, stirring occasionally. Spoon into a lettuce-lined bowl, if desired.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:8.8217392887758%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 77.97kcal (3.9%), Fat: 2.62g (4.04%), Saturated Fat: 0.38g (2.41%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 7.75g (2.82%), Sugar: 3.22g (3.57%), Cholesterol: 0mg (0%), Sodium: 202.61mg (8.81%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin K: 31.8µg (30.29%), Vitamin C: 23.37mg (28.33%), Folate: 108.81µg (27.2%), Iron: 4.81mg (26.7%), Manganese: 0.26mg (13.1%), Fiber: 3.23g (12.93%), Vitamin A: 567.04IU (11.34%), Copper: 0.16mg (8.02%), Vitamin B6: 0.13mg (6.54%), Zinc: 0.91mg (6.08%), Potassium: 192.95mg (5.51%), Magnesium: 16.76mg (4.19%), Vitamin E: 0.62mg (4.12%), Vitamin B3: 0.78mg (3.92%), Phosphorus: 30.1mg (3.01%), Vitamin B5: 0.3mg (2.96%), Calcium: 28.61mg (2.86%), Vitamin B2: 0.05mg (2.78%), Vitamin B1: 0.03mg (2.28%)