



Marinated Mirlitons, Artichokes, and Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon creole seasoning
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 24 ounce marinated artichoke hearts
- ☐ 6 large mirlitons
- ☐ 6 servings salad greens mixed
- ☐ 7 ounce roasted bell pepper red

- ☐ 1 teaspoon salt
- ☐ 0.5 cup balsamic vinegar white

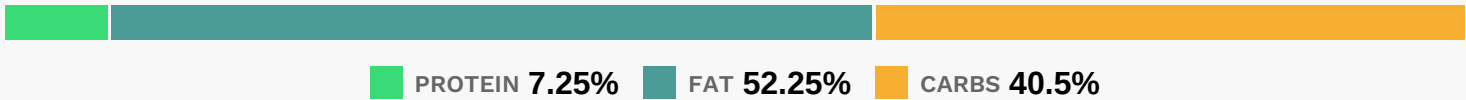
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Drain artichoke hearts, reserving liquid in a large bowl.
- ☐ Bring mirlitons and water to cover to a boil in a Dutch oven, and boil 45 to 50 minutes or until tender.
- ☐ Drain and cool. Peel mirlitons.
- ☐ Cut in half lengthwise; remove seeds, if desired.
- ☐ Cut mirliton halves into 1/4-inch-thick slices.
- ☐ Whisk together reserved liquid, basil, and next 5 ingredients.
- ☐ Add mirlitons, artichoke hearts, and bell pepper; toss well. Cover and chill 2 hours, stirring occasionally.
- ☐ Serve over salad greens.
- ☐ * 6 large yellow squash or zucchini may be sustituted.
- ☐ Cut in half lengthwise; cut halves crosswise into 1/4-inch-thick slices. Cook in boiling water to cover 5 minutes or until tender; drain, and cool.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:1.95, Inflammation Score:-9, Nutrition Score:14.902173933776%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 183.99kcal (9.2%), Fat: 10.56g (16.24%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 18.41g (6.14%), Net Carbohydrates: 13.34g (4.85%), Sugar: 6.55g (7.28%), Cholesterol: 0mg (0%), Sodium: 1290.88mg (56.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Vitamin C: 62.7mg (76%), Vitamin K: 54.8µg (52.19%), Vitamin A: 2111.23IU (42.22%), Folate: 148.13µg (37.03%), Manganese: 0.44mg (21.77%), Fiber: 5.07g (20.27%), Copper: 0.25mg (12.3%), Iron: 2.18mg (12.11%), Vitamin B6: 0.21mg (10.55%), Potassium: 331.41mg (9.47%), Zinc: 1.2mg (7.97%), Calcium: 78.78mg (7.88%), Magnesium: 29.34mg (7.34%), Vitamin B3: 1.09mg (5.44%), Phosphorus: 54.36mg (5.44%), Vitamin B2: 0.07mg (4.36%), Vitamin B5: 0.41mg (4.09%), Vitamin B1: 0.06mg (3.89%), Vitamin E: 0.22mg (1.46%)