



Pan-Fried Jerusalem Artichokes in Sage Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter divided
- ☐ 1 pound sunchokes scrubbed
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 3 tablespoons sage fresh divided

Equipment

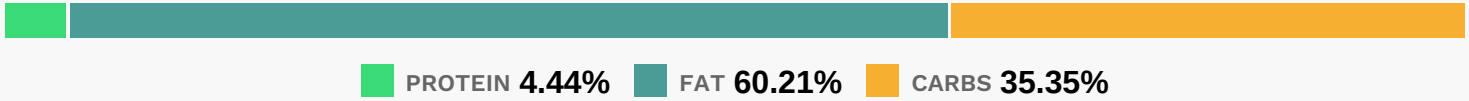
- ☐ bowl

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Melt 1 tablespoon butter with olive oil in large nonstick skillet over medium-high heat.
- ☐ Add Jerusalem artichokes and half of sage.
- ☐ Sprinkle with salt and pepper. Sauté until brown and just beginning to soften, turning frequently, about 10 minutes. Using slotted spoon, transfer Jerusalem artichokes to shallow serving bowl.
- ☐ Add remaining 2 tablespoons butter and sage to skillet; fry until sage darkens and begins to crisp, about 30 seconds.
- ☐ Add lemon juice; simmer 1 minute.
- ☐ Pour lemon-sage butter over Jerusalem artichokes in bowl, tossing to coat. Season with salt and pepper.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:3.85, Inflammation Score:-3, Nutrition Score:10.345652184409%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg 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: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 151.84kcal (7.59%), Fat: 10.52g (16.18%), Saturated Fat: 4.33g (27.05%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 12.42g (4.52%), Sugar: 7.32g (8.13%), Cholesterol: 15.05mg (5.02%), Sodium: 49.04mg (2.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.49%), Copper: 9.2mg (460.1%), Vitamin K: 25.24µg

(24.04%), Manganese: 0.35mg (17.31%), Iron: 3.02mg (16.76%), Vitamin B1: 0.16mg (10.8%), Potassium: 347.94mg (9.94%), Vitamin E: 0.99mg (6.6%), Vitamin C: 5.44mg (6.6%), Phosphorus: 62.66mg (6.27%), Vitamin A: 302.47IU (6.05%), Fiber: 1.47g (5.89%), Vitamin B3: 1mg (5.02%), Magnesium: 18.86mg (4.71%), Calcium: 33.92mg (3.39%), Vitamin B5: 0.32mg (3.15%), Vitamin B2: 0.05mg (3.12%), Folate: 12.4µg (3.1%), Vitamin B6: 0.06mg (3.02%), Zinc: 0.17mg (1.12%)