



Piquillo Peppers Stuffed with Artichoke Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained canned
- ☐ 0.3 cup garlic mayonnaise
- ☐ 14 servings garnish: parsley sprigs fresh
- ☐ 220 gram piquillo peppers drained
- ☐ 2 plum tomatoes seeded chopped

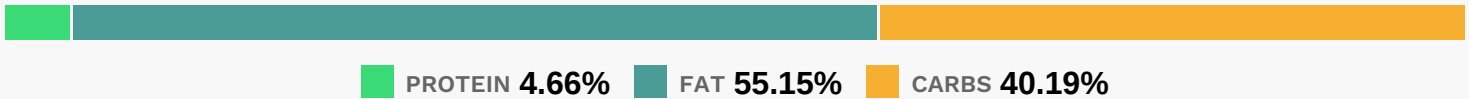
Equipment

- ☐ paper towels

Directions

- ☐ Chop artichoke hearts; drain on paper towel.
- ☐ Combine artichokes, tomatoes, and garlic mayonnaise. Stuff peppers with artichoke mixture.
- ☐ Garnish with parsley sprigs.
- ☐ *Note: To make garlic mayonnaise, crush 1 garlic clove with 1 teaspoon extra virgin olive oil. Stir in 1/3 cup mayonnaise.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:4.7352173623993%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 40.36kcal (2.02%), Fat: 2.18g (3.36%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 2.9g (1.06%), Sugar: 0.88g (0.98%), Cholesterol: 1.78mg (0.59%), Sodium: 200.35mg (8.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.83%), Vitamin K: 66.3µg (63.14%), Vitamin C: 15.96mg (19.35%), Vitamin A: 567.88IU (11.36%), Iron: 0.55mg (3.08%), Fiber: 0.67g (2.7%), Folate: 7.41µg (1.85%), Potassium: 43.15mg (1.23%)