



Sesame Fried Artichokes



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



513 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baby artichokes
- ☐ 4 servings kosher salt
- ☐ 1 optional: lemon cut in quarters
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon sesame oil toasted
- ☐ 1 teaspoon sesame seed toasted
- ☐ 2 cups vegetable oil for frying

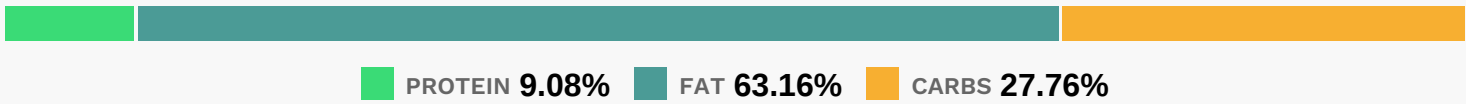
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Heat oil in a medium pot over medium heat until it reaches 350 on a deep-fry thermometer; when oil is hot, reduce heat to low.
- ☐ Mix mayonnaise and sesame oil; set aside.
- ☐ Use a paring knife to shave stem ends of the artichoke to a point like a pencil.
- ☐ Remove all outer green and tough leaves until you reach the yellowish core.
- ☐ Cut each artichoke in half and put in a bowl of ice water. Squeeze lemon quarters into water and drop in peels.
- ☐ Drain artichoke pieces and blot dry with a towel. Working in 2 batches, cook artichokes until browned and crispy, about 8 minutes. Use a slotted spoon to transfer to a paper towel to drain.
- ☐ Sprinkle with sesame seeds and salt to taste.
- ☐ Serve with mayo.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:0.52, Inflammation Score:-9, Nutrition Score:13.319565161415%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 513.01kcal (25.65%), Fat: 39.59g (60.91%), Saturated Fat: 6.05g (37.82%), Carbohydrates: 39.14g (13.05%), Net Carbohydrates: 19.96g (7.26%), Sugar: 6.91g (7.67%), Cholesterol: 7.84mg (2.61%), Sodium: 738.16mg (32.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.81g (25.62%), Fiber: 19.19g (76.74%), Vitamin K: 70.99µg (67.61%), Vitamin A: 3056.05IU (61.12%), Iron: 5.72mg (31.79%), Vitamin C: 21.11mg (25.59%), Vitamin E: 2.49mg (16.58%), Calcium: 132.58mg (13.26%), Copper: 0.03mg (1.7%), Vitamin B6: 0.03mg (1.35%), Potassium: 43.37mg (1.24%), Phosphorus: 11.39mg (1.14%), Vitamin B1: 0.02mg (1.11%), Manganese: 0.02mg (1.11%), Folate: 4.39µg (1.1%), Magnesium: 4.11mg (1.03%), Selenium: 0.71µg (1.01%)