



 **9%**
HEALTH SCORE

Steamed Artichokes With Roasted Red Pepper Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

Ingredients

- 3 large artichokes
- 0.3 teaspoon ground pepper
- 3 egg yolk
- 1 garlic clove
- 4 servings juice of lemon
- 1 cup cooking oil
- 1 jar roasted peppers red drained

4 servings salt

Equipment

food processor

pot

steamer basket

Directions

Place the egg yolks, garlic, cayenne and salt in the food processor. Puree until smooth, then add the red pepper and puree until smooth again. While the mixture is pureeing slowly pour in the oil. Puree until the mixture has emulsified to your desired consistency. Taste, then salt as needed. Cover and refrigerate until ready to serve. Fill a large pot with 2 inches of water and place a steaming basket over it. Cover and bring to a boil. Trim the artichoke stems off, and trim inch off the top of the artichoke flower. Pull off any damaged leaves around the base. Using kitchen shears, trim each point off the outer leaves. Squeeze lemon juice over the cut edges to reduce browning.

Sprinkle with salt and place in the steam basket. Cover and steam the artichokes for 30–40 minutes, until a center leaf pulls out easily.

Serve the artichokes with the aioli on the side for dipping! Or try it with fingerling potatoes.

Nutrition Facts



PROTEIN 11.68% **FAT 58.05%** **CARBS 30.27%**

Properties

Glycemic Index:23.5, Glycemic Load:2.07, Inflammation Score:-8, Nutrition Score:17.347391304348%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 15.39mg, Naringenin: 15.39mg, Naringenin: 15.39mg, Naringenin: 15.39mg Apigenin: 9.09mg, Apigenin: 9.09mg, Apigenin: 9.09mg, Apigenin: 9.09mg Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 219.7kcal (10.98%), Fat: 15.28g (23.5%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 10.25g (3.73%), Sugar: 1.68g (1.86%), Cholesterol: 145.8mg (48.6%), Sodium: 1478.45mg (64.28%), Protein: 6.91g (13.83%), Vitamin C: 59.88mg (72.58%), Fiber: 7.68g (30.7%), Folate: 119.09µg (29.77%), Vitamin K: 26.18µg (24.93%), Manganese: 0.47mg (23.59%), Magnesium: 84.21mg (21.05%), Copper: 0.41mg (20.34%), Phosphorus: 181.71mg (18.17%), Vitamin B6: 0.36mg (17.94%), Potassium: 609.38mg (17.41%), Vitamin E: 2.6mg (17.33%), Iron: 2.64mg (14.67%), Vitamin A: 705.45IU (14.11%), Selenium: 8.19µg (11.7%), Calcium: 108.29mg (10.83%), Vitamin B2: 0.18mg (10.66%), Vitamin B1: 0.14mg (9.2%), Vitamin B3: 1.77mg (8.86%), Vitamin B5: 0.87mg (8.71%), Zinc: 1.08mg (7.19%), Vitamin D: 0.73µg (4.86%), Vitamin B12: 0.26µg (4.39%)