



Artichoke and Red Pepper Bruschetta

READY IN



45 min.

SERVINGS



36

CALORIES



664 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 oz artichoke hearts drained finely chopped canned
- ☐ 36 diagonally cut sourdough baguette thick () (1 slender 8-oz. loaf)
- ☐ 1 clove garlic minced pressed peeled
- ☐ 2 teaspoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup parsley minced
- ☐ 0.3 cup pimiento-stuffed olives green spanish-style finely chopped
- ☐ 0.5 lb bell pepper red stemmed rinsed seeded finely chopped

- ☐ 6 oz onion red peeled finely chopped
- ☐ 36 servings salt and pepper

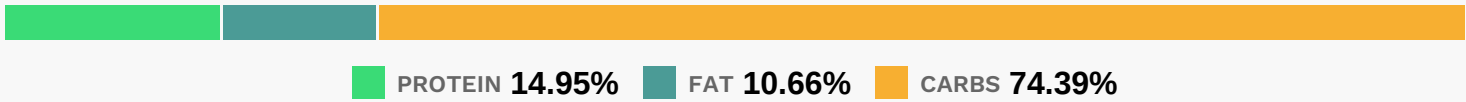
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a 10- to 12-inch nonstick frying pan over medium-high heat, frequently stir bell pepper, onion, and garlic in oil until vegetables begin to brown, 8 to 10 minutes.
- ☐ Add artichokes, parsley, olives, and lemon juice, mixing well.
- ☐ Remove from heat. Season to taste with salt and pepper. If making up to 1 day ahead, cover and chill.
- ☐ Arrange baguette slices in a single layer on a 12- by 15-inch baking sheet. Broil 4 to 6 inches from heat until toasted on 1 side, about 1 minute.
- ☐ Remove from oven and turn slices over.
- ☐ Spoon artichoke mixture equally on untoasted side of baguette slices; spread level.
- ☐ Sprinkle with cheese.
- ☐ Broil 4 to 6 inches from heat until cheese begins to melt and topping is hot, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:82.71, Inflammation Score:-8, Nutrition Score:27.47173912969%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 664.15kcal (33.21%), Fat: 7.74g (11.91%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 121.65g (40.55%), Net Carbohydrates: 115.97g (42.17%), Sugar: 12.3g (13.67%), Cholesterol: 0.94mg (0.31%), Sodium: 1817.07mg (79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.9%), Vitamin B1: 1.46mg (97.46%), Folate: 272.11µg (68.03%), Selenium: 43.36µg (61.95%), Manganese: 1.18mg (58.8%), Vitamin B3: 11.43mg (57.15%), Iron: 8.71mg (48.38%), Vitamin B2: 0.81mg (47.9%), Calcium: 281.83mg (28.18%), Phosphorus: 250.58mg (25.06%), Fiber: 5.68g (22.72%), Magnesium: 67.19mg (16.8%), Copper: 0.31mg (15.4%), Vitamin B6: 0.29mg (14.35%), Vitamin K: 14.93µg (14.22%), Zinc: 2.04mg (13.62%), Vitamin C: 9.1mg (11.03%), Vitamin B5: 0.98mg (9.8%), Potassium: 334.84mg (9.57%), Vitamin E: 0.92mg (6.16%), Vitamin A: 247IU (4.94%)