



Artichoke and Sweet Garlic Bruschetta

READY IN



24 min.

SERVINGS



8

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon bottled garlic chopped
- ☐ 8 ounces diagonally bread italian cut ()
- ☐ 9 ounce artichoke hearts frozen
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 teaspoon salt

☐

2 teaspoons citrus champagne vinegar

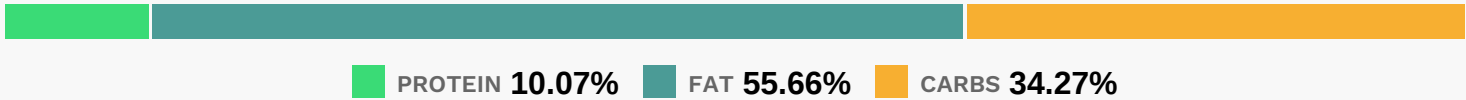
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Cook artichokes according to package directions; cool and coarsely chop.
- ☐ Combine artichokes and next 8 ingredients in a bowl; stir well.
- ☐ Place bread slices on a baking sheet; broil 2 minutes on each side or until lightly toasted.
Divide artichoke mixture evenly among bread slices. Broil 1 minute or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:4.2073913164761%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 213.14kcal (10.66%), Fat: 13.36g (20.56%), Saturated Fat: 6.64g (41.51%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 16.22g (5.9%), Sugar: 9.1g (10.11%), Cholesterol: 5.39mg (1.8%), Sodium: 257.41mg (11.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Folate: 59.21µg (14.8%), Fiber: 2.3g (9.19%), Calcium: 80.47mg (8.05%), Vitamin B3: 1.58mg (7.88%), Phosphorus: 73.83mg (7.38%), Manganese: 0.12mg (5.99%), Vitamin B2: 0.1mg (5.78%), Iron: 0.84mg (4.66%), Potassium: 159.43mg (4.56%), Vitamin B1: 0.06mg (4.28%), Magnesium: 16.45mg (4.11%), Vitamin C: 3mg (3.64%), Vitamin B6: 0.06mg (2.83%), Zinc: 0.41mg (2.76%), Selenium: 1.64µg (2.34%), Vitamin A: 93.59IU (1.87%), Vitamin E: 0.27mg (1.8%), Copper: 0.03mg (1.33%), Vitamin K: 1.32µg (1.26%), Vitamin B12: 0.07µg (1.22%)