



## Artichoke-and-Tomato Salsa

READY IN



5 min.

SERVINGS



12

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14.5 ounce artichoke hearts drained chopped canned
- 14.5 ounce canned tomatoes diced canned
- 1 teaspoon capers
- 2 tablespoons parsley fresh chopped
- 0.3 cup kalamata olives pitted chopped
- 1 tablespoon olive oil extra-virgin
- 2 tablespoons parmesan cheese grated
- 12 ounce baked pita chips plain
- 1 tablespoon dressing mix dry italian good (such as Seasons)

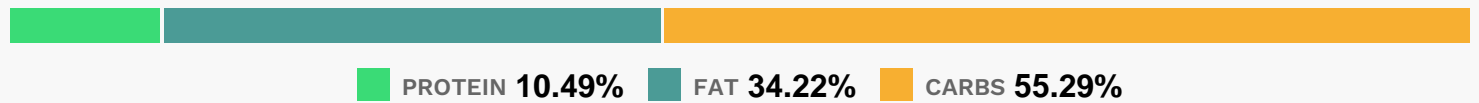
# Equipment

mixing bowl

# Directions

- Combine the first 7 ingredients (through capers) in a mixing bowl; stir in tomatoes and crushed red pepper, if desired.
- Garnish with parsley and serve with pita chips.

# Nutrition Facts



# Properties

Glycemic Index:5.83, Glycemic Load:0.71, Inflammation Score:-3, Nutrition Score:6.9434783030301%

# Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

# Nutrients (% of daily need)

Calories: 169.4kcal (8.47%), Fat: 6.49g (9.98%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 21.21g (7.71%), Sugar: 3.27g (3.63%), Cholesterol: 0.73mg (0.24%), Sodium: 488.86mg (21.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.95%), Vitamin E: 2.7mg (18.03%), Selenium: 9.93µg (14.19%), Vitamin K: 14.54µg (13.85%), Manganese: 0.25mg (12.55%), Vitamin B1: 0.19mg (12.41%), Vitamin B3: 2.43mg (12.17%), Folate: 43.91µg (10.98%), Iron: 1.82mg (10.1%), Fiber: 2.38g (9.5%), Vitamin B2: 0.11mg (6.4%), Copper: 0.11mg (5.41%), Phosphorus: 52.09mg (5.21%), Vitamin C: 4.05mg (4.91%), Magnesium: 18.39mg (4.6%), Vitamin B6: 0.09mg (4.26%), Potassium: 144.41mg (4.13%), Vitamin A: 148.72IU (2.97%), Zinc: 0.41mg (2.74%), Calcium: 26.45mg (2.64%), Vitamin B5: 0.24mg (2.43%)