



Artichoke-Arugula Crostini

READY IN



45 min.

SERVINGS



24

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 oz arugula roughly chopped
- ☐ 1 lb baguette french sliced into 24 (1/2-inch) pieces
- ☐ 1 clove garlic cut in half
- ☐ 12 oz marinated artichoke hearts drained chopped
- ☐ 4 tablespoons olive oil
- ☐ 1 cup coarsely parmesan grated
- ☐ 2 tablespoons roasted peppers red jarred drained chopped
- ☐ 24 servings salt and pepper

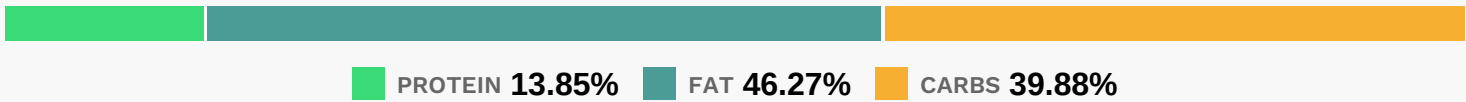
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375F.
- ☐ Brush bread with olive oil (use only 2 Tbsp.); sprinkle with salt and 1/4 tsp. pepper.
- ☐ Bake until lightly browned, 12 minutes.
- ☐ Remove from oven and rub each crostini with cut side of garlic clove.
- ☐ Transfer to a platter; set aside.
- ☐ Heat 1 Tbsp. olive oil in a skillet over medium-high heat.
- ☐ Add artichokes and saut until golden, 5 minutes.
- ☐ Add roasted peppers and saut 1 minute more.
- ☐ Remove from heat; place mixture in a bowl.
- ☐ Add cheese and arugula; toss to combine. Season with pepper and spoon mixture onto crostini.
- ☐ Drizzle with remaining 1 Tbsp. oil and serve.
- ☐ Garnish with shaved Parmesan, if desired.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:6.31, Inflammation Score:-3, Nutrition Score:3.5521739287221%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 102.65kcal (5.13%), Fat: 5.23g (8.04%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 9.39g (3.41%), Sugar: 1.12g (1.25%), Cholesterol: 2.83mg (0.94%), Sodium: 448.94mg (19.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Calcium: 77.61mg (7.76%), Vitamin B1: 0.11mg (7.57%), Selenium: 4.22µg (6.03%), Folate: 23.58µg (5.89%), Manganese: 0.1mg (5.13%), Vitamin A: 250.78IU (5.02%), Vitamin K: 5.26µg (5.01%), Vitamin C: 4.03mg (4.89%), Phosphorus: 48.84mg (4.88%), Iron: 0.86mg (4.77%), Vitamin B2: 0.08mg (4.56%), Vitamin B3: 0.89mg (4.43%), Fiber: 0.75g (2.98%), Vitamin E: 0.41mg (2.75%), Magnesium: 8.31mg (2.08%), Zinc: 0.28mg (1.88%), Vitamin B6: 0.03mg (1.47%), Copper: 0.03mg (1.43%), Potassium: 40.53mg (1.16%), Vitamin B5: 0.1mg (1.04%)