



## Artichoke Bread

READY IN



30 min.

SERVINGS



16

CALORIES



196 kcal

### Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 1 loaf bread french
- ☐ 1 clove garlic finely chopped
- ☐ 1 cup mayonnaise such as Hellman's®
- ☐ 1 cup parmesan cheese freshly grated

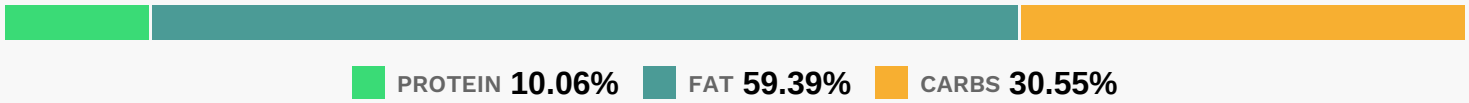
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine artichoke hearts, Parmesan cheese, mayonnaise, and garlic together in a bowl.
- ☐ Spread artichoke topping evenly over the French bread halves.
- ☐ Place coated bread on a baking sheet.
- ☐ Bake in preheated oven until topping is hot and bubbling, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:10.03, Glycemic Load:10.06, Inflammation Score:-2, Nutrition Score:5.2121739066813%

## Nutrients (% of daily need)

Calories: 195.52kcal (9.78%), Fat: 12.83g (19.74%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 13.91g (5.06%), Sugar: 1.43g (1.59%), Cholesterol: 11.32mg (3.77%), Sodium: 440.4mg (19.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.77%), Vitamin K: 23.1µg (22%), Selenium: 9.69µg (13.84%), Vitamin B1: 0.18mg (12.06%), Folate: 31.83µg (7.96%), Vitamin B2: 0.13mg (7.72%), Manganese: 0.14mg (7.02%), Calcium: 69.71mg (6.97%), Phosphorus: 69.1mg (6.91%), Vitamin B3: 1.21mg (6.06%), Iron: 1.04mg (5.77%), Fiber: 0.94g (3.74%), Zinc: 0.55mg (3.69%), Vitamin E: 0.54mg (3.62%), Magnesium: 10.37mg (2.59%), Copper: 0.04mg (2.19%), Vitamin B6: 0.04mg (1.76%), Vitamin B12: 0.1µg (1.69%), Vitamin B5: 0.13mg (1.29%), Potassium: 44.3mg (1.27%), Vitamin A: 63.18IU (1.26%)