

## Artichoke Bruschetta

READY IN



20 min.

SERVINGS



8

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 crusty baguette french cut into 1/ slices
- 6.5 ounce marinated artichoke drained chopped
- 5 tablespoons mayonnaise
- 0.3 cup onion red finely chopped
- 0.5 cup pecorino cheese grated

### Equipment

- bowl
- baking sheet

oven

broiler

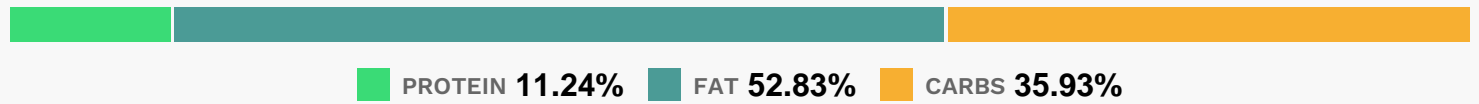
## Directions

Preheat the broiler.

In a medium bowl, mix marinated artichoke hearts, Romano cheese, red onion and mayonnaise. Top French baguette slices with equal amounts of the artichoke heart mixture. Arrange slices in a single layer on a large baking sheet.

Broil in the preheated oven 2 minutes, or until toppings are bubbly and lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:21.97, Glycemic Load:10.54, Inflammation Score:-4, Nutrition Score:5.5773913419765%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 192.63kcal (9.63%), Fat: 11.16g (17.17%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 15.85g (5.76%), Sugar: 2.07g (2.3%), Cholesterol: 10.18mg (3.39%), Sodium: 411.48mg (17.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin K: 15.36µg (14.63%), Vitamin B1: 0.19mg (12.54%), Calcium: 106.15mg (10.62%), Selenium: 6.52µg (9.31%), Folate: 35.58µg (8.89%), Phosphorus: 80.96mg (8.1%), Manganese: 0.16mg (7.77%), Vitamin B2: 0.13mg (7.46%), Iron: 1.32mg (7.36%), Vitamin B3: 1.43mg (7.16%), Vitamin C: 5.33mg (6.46%), Vitamin A: 262.1IU (5.24%), Fiber: 1.23g (4.92%), Zinc: 0.43mg (2.88%), Magnesium: 11.44mg (2.86%), Vitamin E: 0.39mg (2.62%), Vitamin B6: 0.05mg (2.33%), Copper: 0.04mg (2.2%), Vitamin B5: 0.17mg (1.68%), Potassium: 55.61mg (1.59%), Vitamin B12: 0.08µg (1.34%)