



Artichoke Bruschetta

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



332 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 lbs trimmed* artichokes sliced
- ☐ 6 basil leaves thinly sliced
- ☐ 0.5 teaspoon pepper black
- ☐ 5 slices ciabatta bread toasted cut in half diagonally
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.8 cup ricotta
- ☐ 3 tablespoons vegetable oil

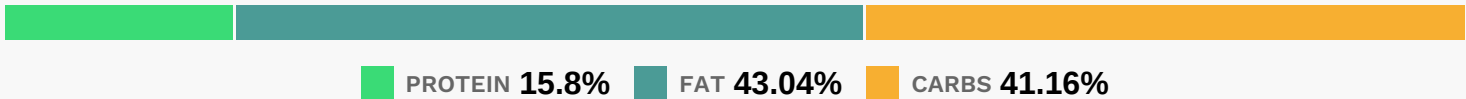
Equipment

- ☐ frying pan
- ☐ knife
- ☐ peeler

Directions

- ☐ Heat 3 tbsp. oil in a large frying pan over medium heat. Cook artichoke slices, stirring occasionally, until softened and browned, about 4 minutes.
- ☐ Sprinkle with salt.
- ☐ Put toasts on a plate and spread each with ricotta, dividing it evenly.
- ☐ Sprinkle with pepper and zest. Spoon some artichokes onto each slice and top with a bit of basil.
- ☐ *To trim artichokes, snap off thick green outer leaves (about half of them; be ruthless) down to the yellowish core. Halve artichoke crosswise; discard thorny tips. Trim stem to about 1/2 in. and use a vegetable peeler to remove tough outer skin from remaining stem. Halve artichoke lengthwise; use a spoon or the point of a knife to scoop out fuzzy, red-tipped choke. As you work, put trimmed artichokes in cold water mixed with a little lemon juice to prevent oxidation. Set aside until you're ready to cook.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:3.2, Inflammation Score:-7, Nutrition Score:16.029565090718%

Flavonoids

Naringenin: 21.26mg, Naringenin: 21.26mg, Naringenin: 21.26mg, Naringenin: 21.26mg Apigenin: 12.72mg, Apigenin: 12.72mg, Apigenin: 12.72mg, Apigenin: 12.72mg Luteolin: 3.91mg, Luteolin: 3.91mg, Luteolin: 3.91mg, Luteolin: 3.91mg

Nutrients (% of daily need)

Calories: 332.41kcal (16.62%), Fat: 16.75g (25.77%), Saturated Fat: 5.62g (35.11%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 26.29g (9.56%), Sugar: 1.85g (2.06%), Cholesterol: 23.72mg (7.91%), Sodium: 661.27mg (28.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.83g (27.67%), Vitamin K: 47.34µg (45.09%), Fiber:

9.75g (39%), Folate: 121.83µg (30.46%), Magnesium: 108.14mg (27.04%), Vitamin C: 21.3mg (25.82%), Manganese: 0.48mg (23.89%), Phosphorus: 227.41mg (22.74%), Copper: 0.41mg (20.47%), Potassium: 684.94mg (19.57%), Calcium: 174.79mg (17.48%), Iron: 2.41mg (13.39%), Vitamin B2: 0.2mg (12.04%), Vitamin B6: 0.22mg (11.03%), Selenium: 7.1µg (10.15%), Zinc: 1.38mg (9.23%), Vitamin B3: 1.84mg (9.2%), Vitamin B1: 0.13mg (8.64%), Vitamin E: 1.22mg (8.12%), Vitamin B5: 0.68mg (6.82%), Vitamin A: 262.56IU (5.25%), Vitamin B12: 0.16µg (2.63%)