



Artichoke, Cherry Tomato, and Feta Salad with Artichoke-Pesto Crostini

READY IN



45 min.

SERVINGS



12

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12.5 inch crusty baguette toasted
- ☐ 4 ounces feta cheese crumbled
- ☐ 1 garlic clove minced
- ☐ 24 ounce marinated artichoke drained
- ☐ 15 ounce the salad mixed
- ☐ 0.8 cup olive oil
- ☐ 3 tablespoons parmesan cheese packed finely grated ()
- ☐ 2 tablespoons parsley fresh italian finely chopped for sprinkling

- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 cup shallots chopped (1 large)
- ☐ 1 tablespoon coarse mustard whole
- ☐ 12 ounce cherry tomatoes red yellow halved

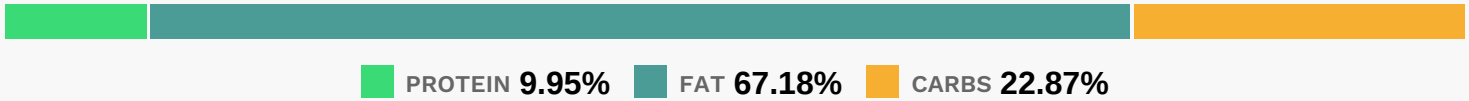
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place all ingredients in processor.Blend until finely chopped. Season to tastewith salt and pepper. DO AHEAD: Can bemade 1 day ahead. Cover and chill.
- ☐ Whisk shallot, vinegar, 2tablespoons chopped parsley, mustard, andgarlic in medium bowl. Gradually whisk inoil. Season to taste with salt and pepper.DO AHEAD: vinaigrette can be made 1 dayahead. Cover and chill.
- ☐ Spread 1 tablespoon pesto over eachbaguette slice.
- ☐ Sprinkle parsley over crostini.
- ☐ Mix baby greens, artichoke hearts,and cherry tomatoes in very large bowl.Toss with enough dressing to coat lightly.
- ☐ Sprinkle feta over.
- ☐ Serve salad with crostini.

Nutrition Facts



Properties

Glycemic Index:18.56, Glycemic Load:1.21, Inflammation Score:-7, Nutrition Score:6.9056520889635%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.2mg, Quercetin:

0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 140.04kcal (7%), Fat: 10.37g (15.95%), Saturated Fat: 2.42g (15.11%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 6.31g (2.3%), Sugar: 1.81g (2.01%), Cholesterol: 9.5mg (3.17%), Sodium: 388.95mg (16.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Vitamin C: 27.98mg (33.92%), Vitamin A: 1216.14IU (24.32%), Vitamin K: 13.69µg (13.03%), Calcium: 83.79mg (8.38%), Vitamin B2: 0.12mg (7.02%), Phosphorus: 69.52mg (6.95%), Fiber: 1.63g (6.51%), Folate: 25.51µg (6.38%), Iron: 1.14mg (6.36%), Manganese: 0.13mg (6.25%), Vitamin B6: 0.12mg (5.81%), Potassium: 159.2mg (4.55%), Selenium: 3.11µg (4.45%), Vitamin E: 0.59mg (3.93%), Vitamin B1: 0.06mg (3.83%), Zinc: 0.5mg (3.34%), Vitamin B12: 0.18µg (2.94%), Vitamin B3: 0.59mg (2.94%), Magnesium: 11.6mg (2.9%), Copper: 0.05mg (2.66%), Vitamin B5: 0.21mg (2.07%)