




Artichoke Heart and Chopped Olive Crostini


 Very Healthy

READY IN




30 min.

SERVINGS



15

CALORIES



1276 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- 2.5 ounce olives diced black drained sliced canned
- 6.5 ounce marinated artichoke hearts drained chopped
- 1 tablespoon olive oil extra-virgin
- 2 tablespoons onion minced
- 0.5 cup parmesan cheese divided grated
- 0.5 roma tomato diced seeded
- 15 small sourdough bread ()

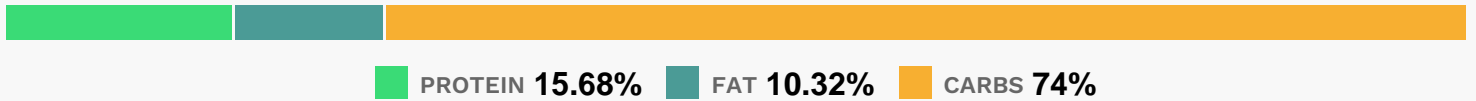
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Arrange bread slices in a single layer on a baking sheet and brush tops with 3 tablespoons extra-virgin olive oil.
- Bake in preheated oven until crisp, 8 to 10 minutes.
- Combine artichoke hearts, olives, tomato, onion, 1 tablespoon extra-virgin olive oil, and 1/4 cup Parmesan cheese together in a bowl.
- Spoon artichoke mixture onto the toasted bread slices.
- Sprinkle with remaining 1/4 cup Parmesan cheese.
- Return bread slices to the oven; bake until artichoke mixture is heated through and Parmesan cheese is melted, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:181.29, Inflammation Score:-9, Nutrition Score:43.384347712864%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 1275.71kcal (63.79%), Fat: 14.66g (22.56%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 236.52g (78.84%), Net Carbohydrates: 226.11g (82.22%), Sugar: 21.19g (23.54%), Cholesterol: 2.9mg (0.97%), Sodium: 2905.96mg (126.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.12g (100.23%), Vitamin B1: 3.22mg (214.64%), Selenium: 130.77µg (186.82%), Folate: 558.09µg (139.52%), Manganese: 2.38mg (119.03%), Vitamin B2: 1.95mg (114.52%), Vitamin B3: 21.86mg (109.31%), Iron: 17.85mg (99.18%), Phosphorus: 497.86mg (49.79%), Fiber:

10.42g (41.66%), Magnesium: 147.01mg (36.75%), Copper: 0.7mg (34.87%), Zinc: 4.86mg (32.42%), Calcium: 270.46mg (27.05%), Vitamin B6: 0.49mg (24.61%), Potassium: 544.98mg (15.57%), Vitamin B5: 1.53mg (15.28%), Vitamin E: 1.29mg (8.63%), Vitamin K: 4.02µg (3.83%), Vitamin A: 187.49IU (3.75%), Vitamin C: 2.96mg (3.59%)