

Artichoke Nibbles

READY IN



40 min.

SERVINGS



24

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon canola oil
- 4 eggs
- 2 tablespoons parsley fresh minced
- 1 garlic clove minced
- 13 ounces marinated artichoke drained chopped
- 1 small onion chopped
- 0.1 teaspoon oregano dried
- 0.1 teaspoon pepper
- 0.1 teaspoon hot sauce hot

- 0.3 teaspoon salt
- 0.3 cup saltines crushed (10 crackers)
- 8 ounces cheddar cheese shredded

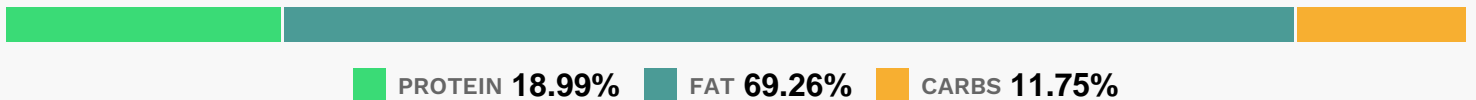
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- kitchen thermometer

Directions

- In a small skillet, saute onion and garlic in oil until tender. Stir in artichokes.
- Remove from the heat; set aside. In a large bowl, whisk the eggs, parsley, salt, pepper, oregano and hot pepper sauce. Stir in the cheese, cracker crumbs and artichoke mixture.
- Pour into a greased 11-in. x 7-in. baking dish.
- Bake, uncovered, at 325° for 25–30 minutes or until a thermometer reads 160°. Cool for 10–15 minutes before cutting into 1-in. squares.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:2.7895652301933%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 73kcal (3.65%), Fat: 5.55g (8.54%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.72g (0.62%), Sugar: 0.35g (0.39%), Cholesterol: 36.73mg (12.24%), Sodium: 164.82mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Calcium: 75.76mg (7.58%), Selenium: 5.06µg (7.23%), Vitamin A: 316.27IU (6.33%), Phosphorus: 60.06mg (6.01%), Vitamin K: 6.18µg (5.88%), Vitamin B2: 0.08mg (4.78%), Vitamin C: 3.94mg (4.77%), Zinc: 0.46mg (3.06%), Vitamin B12: 0.17µg (2.77%), Folate: 7.83µg (1.96%), Iron: 0.34mg (1.9%), Vitamin B5: 0.16mg (1.62%), Fiber: 0.4g (1.62%), Vitamin D: 0.2µg (1.36%), Vitamin E: 0.19mg (1.29%), Vitamin B6: 0.03mg (1.27%), Magnesium: 4.19mg (1.05%)