



Artichoke Pesto on Ciabatta

READY IN



1460 min.

SERVINGS



8

CALORIES



308 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 8 ounce pack artichoke hearts frozen thawed
- 0.5 teaspoon pepper black freshly ground
- 1 loaf ciabatta bread cut into slices (12 to 16-inch)
- 1 cup parsley leaves fresh packed
- 2 cloves garlic
- 0.5 teaspoon kosher salt
- 1 lemon zest juiced
- 0.3 cup olive oil extra-virgin for drizzling
- 0.5 cup olive oil extra-virgin

- 0.7 cup parmesan (grated per cube)
- 0.5 cup walnuts (toasted chopped)

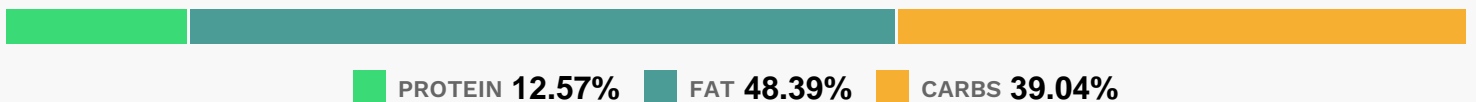
Equipment

- food processor
- plastic wrap
- grill
- ice cube tray
- grill pan

Directions

- In a food processor combine the artichokes, parsley, walnuts, lemon zest and juice, garlic, salt, and pepper. Run the machine to finely chop all the ingredients, stopping the machine a few times to scrape down the sides. Then, with the machine running, drizzle in 1/2 cup extra-virgin olive oil. Spoon the pesto into the cups of an ice cube tray. Tapping the tray gently on the counter to remove any air bubbles. Cover tightly with plastic wrap and place in the freezer. Freeze for 1 day or up to 1 month.
- When ready to serve, thaw the pesto.
- Mix in the Parmesan.
- Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- Drizzle the ciabatta slices with the 1/4 cup extra-virgin olive oil. Grill until toasted, about 5 minutes.
- Spread the artichoke pesto over the toasted slices and serve.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:11.146956470997%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 308.1kcal (15.4%), Fat: 16.96g (26.08%), Saturated Fat: 3.39g (21.16%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 28.19g (10.25%), Sugar: 0.36g (0.4%), Cholesterol: 5.67mg (1.89%), Sodium: 572.52mg (24.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.82%), Vitamin K: 129.25µg (123.09%), Manganese: 0.36mg (18.05%), Vitamin C: 12.77mg (15.48%), Vitamin A: 743.13IU (14.86%), Folate: 55.01µg (13.75%), Calcium: 124.67mg (12.47%), Phosphorus: 105.36mg (10.54%), Fiber: 2.59g (10.35%), Vitamin E: 1.49mg (9.94%), Copper: 0.15mg (7.51%), Magnesium: 27.14mg (6.79%), Iron: 0.97mg (5.41%), Vitamin B2: 0.09mg (5.14%), Potassium: 157.76mg (4.51%), Vitamin B6: 0.09mg (4.39%), Zinc: 0.64mg (4.26%), Vitamin B1: 0.05mg (3.54%), Selenium: 2.42µg (3.45%), Vitamin B3: 0.46mg (2.28%), Vitamin B5: 0.17mg (1.71%), Vitamin B12: 0.1µg (1.67%)