



Artichoke Pie

READY IN



55 min.

SERVINGS



8

CALORIES



304 kcal

Ingredients

- 12 ounce artichoke hearts drained canned
- 3 eggs beaten
- 1 clove garlic minced
- 0.5 cup seasoned bread crumbs italian
- 1 tablespoon olive oil
- 0.5 cup parmesan cheese divided grated
- 8 ounce mozzarella cheese shredded
- 19-inch pie crust dough ()

Equipment

frying pan

oven

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a large skillet over medium heat.

Saute garlic until it starts to brown. Stir in the artichoke hearts and cook 10 minutes before adding the bread crumbs and half of the parmesan cheese. When heated through, transfer half of artichoke mixture to pie crust.

Pour eggs over artichoke mixture and sprinkle in the rest of the parmesan cheese. Spoon the rest of the artichoke mixture into the pie and top with mozzarella cheese.

Bake in preheated oven for 45 minutes, or until crust begins to brown.

Nutrition Facts



PROTEIN 17.56% **FAT 55.02%** **CARBS 27.42%**

Properties

Glycemic Index:7.13, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:8.5200000586717%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 303.77kcal (15.19%), Fat: 18.34g (28.21%), Saturated Fat: 7.6g (47.5%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 18.91g (6.88%), Sugar: 1.12g (1.24%), Cholesterol: 89.29mg (29.76%), Sodium: 670.12mg (29.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.33%), Calcium: 226.75mg (22.68%), Selenium: 15.4µg (22%), Phosphorus: 204.5mg (20.45%), Vitamin B12: 0.9µg (15.06%), Vitamin B2: 0.25mg (14.78%), Vitamin B1: 0.16mg (10.56%), Manganese: 0.21mg (10.45%), Zinc: 1.54mg (10.24%), Folate: 36.55µg (9.14%), Iron: 1.48mg (8.2%), Vitamin A: 349.56IU (6.99%), Vitamin K: 7.14µg (6.8%), Fiber: 1.66g (6.62%), Vitamin B3: 1.19mg (5.93%), Vitamin B5: 0.46mg (4.63%), Vitamin E: 0.65mg (4.31%), Magnesium: 17.13mg (4.28%), Vitamin B6: 0.07mg (3.68%), Vitamin D: 0.47µg (3.16%), Potassium: 98.91mg (2.83%), Copper: 0.06mg (2.78%)