



Artichoke Pita Nachos

READY IN



36 min.

SERVINGS



16

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black
- 9 ounce artichoke hearts frozen thawed drained coarsely chopped
- 0.5 cup green onions sliced (5 onions)
- 2 teaspoons juice of lemon
- 2.7 ounces cream cheese light tub-style
- 0.3 cup mayonnaise light
- 0.3 cup heavy whipping cream sour reduced-fat
- 0.3 cup parmesan cheese fresh shredded
- 0.3 teaspoon salt

2 6-inch pitas whole wheat ()

Equipment

bowl

baking sheet

oven

Directions

Preheat oven to 40

Split pitas in half horizontally; cut each half into 4 wedges.

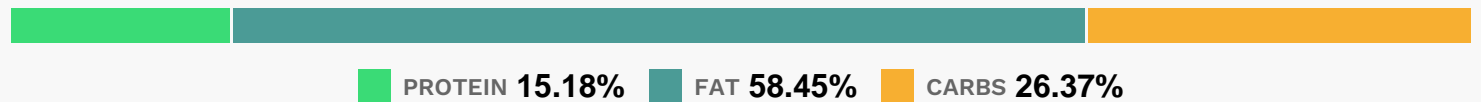
Combine artichokes and next 7 ingredients in a bowl; stir well. Spoon about 1 tablespoon artichoke mixture onto rough side of each pita wedge.

Sprinkle evenly with Parmesan cheese.

Arrange wedges in a single layer on a baking sheet.

Bake at 400 for 15 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.1034782509441%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 40.93kcal (2.05%), Fat: 2.76g (4.24%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.56g (0.62%), Cholesterol: 6.07mg (2.02%), Sodium: 129.64mg (5.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin K: 9.11µg (8.67%), Folate: 24µg (6%), Calcium: 38.04mg (3.8%), Phosphorus: 32.92mg (3.29%), Fiber: 0.72g (2.87%), Vitamin B2: 0.04mg (2.64%), Manganese: 0.05mg (2.46%), Vitamin A: 113.43IU (2.27%), Potassium: 74.1mg (2.12%), Vitamin C: 1.72mg (2.08%),

Magnesium: 6.72mg (1.68%), Vitamin B12: 0.08µg (1.38%), Selenium: 0.92µg (1.31%), Zinc: 0.16mg (1.09%), Vitamin B1: 0.02mg (1.09%), Vitamin B6: 0.02mg (1.01%), Vitamin E: 0.15mg (1.01%)