



Artichoke-Rosemary Bruschetta

READY IN



35 min.

SERVINGS



12

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bread french
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 tablespoon rosemary dried fresh crumbled chopped
- ☐ 0.7 cup salad dressing
- ☐ 6 ounces marinated artichoke drained chopped

Equipment

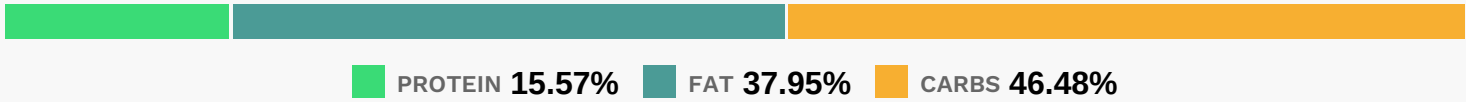
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 375°.
- ☐ Place bread, cut sides up, on ungreased cookie sheet.
- ☐ Bake 10 minutes.
- ☐ Mix 1/2 cup of the mozzarella cheese, the Parmesan cheese, rosemary, mayonnaise and artichokes; spread on bread.
- ☐ Sprinkle with remaining 1/2 cup mozzarella cheese.
- ☐ Bake 15 to 20 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:14.79, Glycemic Load:15.2, Inflammation Score:-4, Nutrition Score:7.0195651313533%

Nutrients (% of daily need)

Calories: 196.18kcal (9.81%), Fat: 8.25g (12.69%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 21.55g (7.84%), Sugar: 3.4g (3.78%), Cholesterol: 11.09mg (3.7%), Sodium: 543.31mg (23.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.23%), Selenium: 14.14µg (20.21%), Vitamin B1: 0.28mg (18.39%), Folate: 47.92µg (11.98%), Vitamin B2: 0.2mg (11.95%), Calcium: 110.88mg (11.09%), Manganese: 0.21mg (10.58%), Phosphorus: 101.63mg (10.16%), Iron: 1.72mg (9.57%), Vitamin B3: 1.85mg (9.27%), Vitamin K: 7.86µg (7.49%), Zinc: 0.86mg (5.76%), Vitamin A: 251.58IU (5.03%), Fiber: 1.19g (4.74%), Vitamin B12: 0.27µg (4.53%), Magnesium: 16.46mg (4.12%), Vitamin C: 3.13mg (3.8%), Copper: 0.06mg (3.18%), Vitamin B6: 0.06mg (2.93%), Vitamin E: 0.4mg (2.7%), Potassium: 71.63mg (2.05%), Vitamin B5: 0.15mg (1.53%)