



Artichoke Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup olives black chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 6.5 ounce marinated artichoke hearts drained chopped
- ☐ 2 tablespoons onion red chopped
- ☐ 3 roma tomatoes chopped (plum)
- ☐ 5 servings salt and pepper to taste

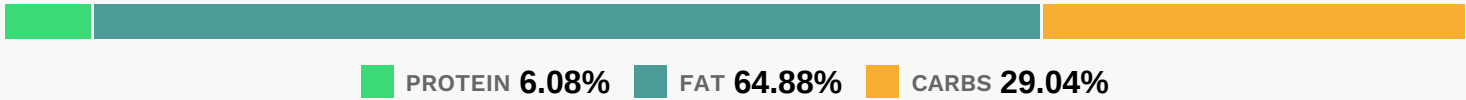
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, mix together the artichoke hearts, tomatoes, onion, olives, garlic, salt, and pepper.
- ☐ Serve chilled, or at room temperature, with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:3.1808695793152%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 61.19kcal (3.06%), Fat: 4.44g (6.83%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 2.95g (1.07%), Sugar: 1.57g (1.75%), Cholesterol: 0mg (0%), Sodium: 441.46mg (19.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Vitamin C: 13.77mg (16.7%), Vitamin A: 747.37IU (14.95%), Vitamin K: 6.4µg (6.09%), Fiber: 1.52g (6.08%), Manganese: 0.08mg (4.2%), Vitamin E: 0.47mg (3.11%), Potassium: 105.65mg (3.02%), Vitamin B6: 0.06mg (2.89%), Iron: 0.46mg (2.56%), Calcium: 19.95mg (2%), Copper: 0.04mg (1.98%), Folate: 7.13µg (1.78%), Magnesium: 6.15mg (1.54%), Vitamin B1: 0.02mg (1.37%), Phosphorus: 13.25mg (1.33%), Vitamin B3: 0.26mg (1.3%)