



Artichoke Squares

READY IN



45 min.

SERVINGS



36

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 36 servings artichoke squares
- ☐ 0.1 teaspoon pepper black
- ☐ 4 large eggs
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 2 cloves garlic minced
- ☐ 0.1 teaspoon tapatio sauce
- ☐ 12 oz marinated artichoke hearts drained chopped
- ☐ 0.7 cup onion chopped
- ☐ 0.1 teaspoon oregano dried

- ☐ 0.3 teaspoons salt
- ☐ 0.3 cup 1/4 cup seasoned bread crumbs (i used "zesty") (I used "Zesty")
- ☐ 2 cups cheddar cheese shredded grated (Swiss would be great!)

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ casserole dish
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Preheat oven to 325 degrees F. Rub a 7×11 inch baking dish (I used a Pyrex casserole dish) with butter or spray with cooking spray. In a large non-stick skillet, combine onions, garlic and about a little of the marinade from the artichokes — you could use a couple of teaspoons of oil, but I found the artichokes had enough oil on them already.
- ☐ Saute onions, garlic and chopped artichokes for about 5 minutes or until onions are soft and slightly browned
- ☐ In a mixing bowl, whisk the eggs with a fork. Stir in crumbs, salt, oregano, Tabasco (or Tapatio), salt and black pepper, then stir in the cheese, parsley, artichoke and onion garlic mixture.
- ☐ Bake for 30 minutes.
- ☐ Let cool, then chill for a few hours or until very cold. Before serving, cut into tiny squares (about 3
- ☐ and arrange squares on a foil lined baking sheet.
- ☐ Heat at 400 degrees F. for about 5 minutes or until warm.
- ☐ Serve in mini cupcake liners.

Nutrition Facts



 **PROTEIN 20.18%**  **FAT 65.86%**  **CARBS 13.96%**

Properties

Glycemic Index:5.14, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:2.0630434751511%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 49.18kcal (2.46%), Fat: 3.57g (5.49%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.33g (0.36%), Cholesterol: 26.95mg (8.98%), Sodium: 113.56mg (4.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Selenium: 3.73µg (5.33%), Calcium: 52.78mg (5.28%), Phosphorus: 43.39mg (4.34%), Vitamin K: 4.41µg (4.2%), Vitamin A: 208.09IU (4.16%), Vitamin B2: 0.06mg (3.44%), Vitamin C: 2.69mg (3.26%), Zinc: 0.33mg (2.19%), Vitamin B12: 0.12µg (1.98%), Folate: 6.52µg (1.63%), Iron: 0.26mg (1.42%), Fiber: 0.35g (1.4%), Vitamin B5: 0.13mg (1.25%), Vitamin B6: 0.02mg (1.11%), Manganese: 0.02mg (1.06%)