



## Cheddary Artichoke Snacks

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb bread baguette french toasted cut into 16 slices,
- 8 oz cracker barrel extra sharp cheddar cheese cut into 16 slices
- 2 Tbsp green onion
- 6 oz marinated artichoke hearts drained chopped
- 0.3 cup roasted peppers red sliced

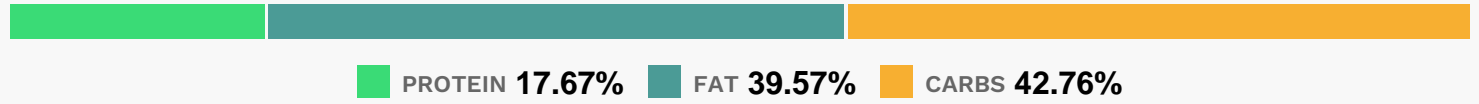
### Equipment

- baking sheet
- broiler

## Directions

- Heat broiler.
- Place toast slices on baking sheet; top with remaining ingredients.
- Broil, 6 inches from heat, 2 to 3 min. or until cheese begins to melt.

## Nutrition Facts



## Properties

Glycemic Index:9.3, Glycemic Load:12.21, Inflammation Score:-4, Nutrition Score:6.0408695988033%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 157.09kcal (7.85%), Fat: 6.9g (10.62%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 15.84g (5.76%), Sugar: 1.58g (1.75%), Cholesterol: 15.12mg (5.04%), Sodium: 356.09mg (15.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.87%), Selenium: 12.94µg (18.48%), Vitamin B1: 0.22mg (14.67%), Calcium: 126.42mg (12.64%), Vitamin B2: 0.2mg (11.6%), Folate: 41.26µg (10.31%), Phosphorus: 101.76mg (10.18%), Manganese: 0.17mg (8.25%), Vitamin B3: 1.48mg (7.41%), Iron: 1.32mg (7.33%), Zinc: 0.88mg (5.84%), Vitamin A: 285.01IU (5.7%), Vitamin C: 3.62mg (4.38%), Fiber: 0.94g (3.76%), Magnesium: 14.18mg (3.54%), Copper: 0.05mg (2.73%), Vitamin B12: 0.16µg (2.67%), Vitamin B6: 0.05mg (2.37%), Vitamin K: 2.23µg (2.12%), Vitamin B5: 0.16mg (1.65%), Potassium: 52.64mg (1.5%), Vitamin E: 0.18mg (1.21%)