



WHATSheATE



Crostini of artichokes & chives

READY IN



15 min.

SERVINGS



6

CALORIES



380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 390 g artichoke hearts canned
- ☐ 1 juice of lemon
- ☐ 2 small garlic cloves crushed halved
- ☐ 3 tbsp olive oil extra-virgin
- ☐ 25 g parmesan grated
- ☐ 1 small bunch chives snipped
- ☐ 1 baguette thinly sliced
- ☐ 9 servings parmesan shavings

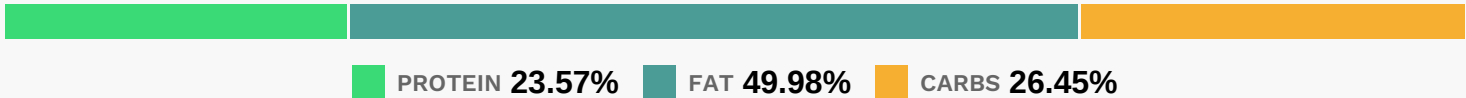
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Drain the tin of artichoke hearts and put them in a food processor with a good squeeze of lemon, the crushed garlic clove, 1 tbsp of the extra virgin olive oil, the Parmesan, a good pinch of salt and plenty of black pepper. Pulse to a chunky pure, scraping down the sides once or twice. Stir in a few snipped chives. This can be made a day ahead and chilled.
- ☐ Grill 12 slices of the baguette on each side until golden, rub lightly with the cut garlic clove and brush with the rest of the extra virgin olive oil.
- ☐ Spread generously with artichoke mix, scatter over Parmesan shavings and remaining chives, grind over pepper and serve.

Nutrition Facts



Properties

Glycemic Index:33.46, Glycemic Load:14.28, Inflammation Score:-5, Nutrition Score:12.560869605645%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 380.32kcal (19.02%), Fat: 20.86g (32.09%), Saturated Fat: 9.26g (57.9%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 22.9g (8.33%), Sugar: 3g (3.33%), Cholesterol: 33.43mg (11.14%), Sodium: 1285.53mg (55.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.13g (44.27%), Calcium: 628.68mg (62.87%), Phosphorus: 383.12mg (38.31%), Selenium: 18.38µg (26.26%), Vitamin B1: 0.27mg (17.69%), Vitamin B2: 0.3mg (17.62%), Folate: 49.76µg (12.44%), Zinc: 1.7mg (11.33%), Manganese: 0.22mg (11.15%), Iron: 1.91mg (10.62%), Vitamin B3: 2.04mg

(10.2%), Vitamin B12: 0.59µg (9.83%), Magnesium: 33.3mg (8.32%), Vitamin E: 1.25mg (8.31%), Vitamin A: 413.4IU (8.27%), Fiber: 1.93g (7.71%), Vitamin K: 7.74µg (7.37%), Vitamin B6: 0.1mg (5.18%), Vitamin B5: 0.39mg (3.95%), Copper: 0.07mg (3.55%), Vitamin C: 2.63mg (3.19%), Potassium: 108.1mg (3.09%), Vitamin D: 0.25µg (1.64%)