



Easy mezze plate

READY IN



10 min.

SERVINGS



4

CALORIES



468 kcal

SIDE DISH

Ingredients

- ☐ 280 g marinated artichoke drained in oil
- ☐ 1 handful parsley
- ☐ 100 g feta cheese roughly chopped
- ☐ 1 juice of lemon
- ☐ 5 tbsp olive oil
- ☐ 100 g arugula wild
- ☐ 85 g ham
- ☐ 4 servings flat parsely toasted

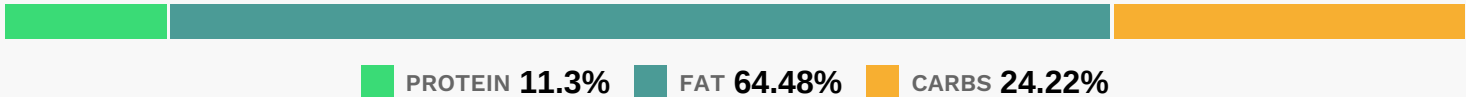
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Make an artichoke dip by whizzing together the artichoke hearts, parsley, feta, half the lemon juice and 3 tbsp olive oil in a food processor. Blitz to a smooth paste, then spoon into a bowl.
- ☐ Dress the rocket with the remaining olive oil and lemon juice. Pile onto a platter and serve with the ham, the dip and toast.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:21.19, Inflammation Score:-8, Nutrition Score:14.594347855319%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 8.74mg, Kaempferol: 8.74mg, Kaempferol: 8.74mg, Kaempferol: 8.74mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 467.85kcal (23.39%), Fat: 33.41g (51.4%), Saturated Fat: 7.8g (48.77%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 25.51g (9.28%), Sugar: 1.41g (1.57%), Cholesterol: 35.42mg (11.81%), Sodium: 1025.37mg (44.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.35%), Vitamin K: 54.63µg (52.03%), Vitamin A: 1483.44IU (29.67%), Vitamin C: 22.68mg (27.49%), Calcium: 215.14mg (21.51%), Vitamin B1: 0.29mg (19.11%), Vitamin B2: 0.32mg (18.85%), Vitamin E: 2.77mg (18.45%), Phosphorus: 182.71mg (18.27%), Manganese: 0.29mg (14.26%), Selenium: 8.66µg (12.37%), Folate: 45.51µg (11.38%), Zinc: 1.68mg (11.21%), Vitamin B6: 0.22mg (11.15%), Fiber: 2.74g (10.94%), Iron: 1.94mg (10.79%), Vitamin B3: 2.15mg (10.74%), Vitamin B12: 0.56µg (9.31%), Magnesium: 31.89mg (7.97%), Potassium: 229.96mg (6.57%), Vitamin B5: 0.62mg (6.21%), Copper: 0.11mg (5.73%), Vitamin D: 0.25µg (1.66%)