



## Fresh Artichoke and White Bean Crostini

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 artichokes trimmed halved lengthwise
- 0.3 cup basil fresh whole packed finely chopped for garnish ( )
- 1 cup cannellini white canned rinsed drained ( kidney beans)
- 0.5 cup carrots chopped
- 0.5 cup celery chopped
- 1 cup wine dry white
- 16 servings lemon wedges
- 6 cups chicken broth ( )

- 2 tablespoons olive oil extra virgin extra-virgin plus more for brushing
- 0.5 cup onion chopped
- 0.5 cup pecorino cheese grated
- 2 large thyme sprigs fresh

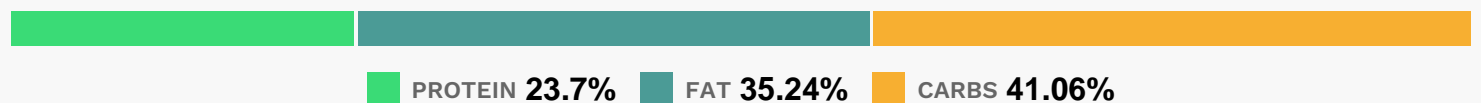
## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- Bring artichokes, 6 cups broth, and next 5 ingredients to boil in large saucepan, adding more broth if necessary to cover. Reduce heat; cover and simmer until artichoke hearts are very tender, about 50 minutes. Chill artichokes in broth mixture, uncovered, until cold, at least 2 hours and up to 1 day.
- Remove artichokes from broth; drain. Pull off leaves.
- Cut hearts into 1/3-inch cubes; place in large bowl.
- Mix beans, cheese, 1/4 cup chopped basil, and 2 tablespoons oil into hearts. Season with salt and pepper.
- Preheat oven to 400°F. Arrange bread on rimmed baking sheet.
- Brush with oil.
- Bake until beginning to crisp, about 8 minutes
- Spoon artichoke topping onto bread. Squeeze lemon juice over; top with basil leaf.

## Nutrition Facts



## Properties

Glycemic Index:20.9, Glycemic Load:1.14, Inflammation Score:-7, Nutrition Score:5.8930434393494%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 4.06mg, Naringenin: 4.06mg, Naringenin: 4.06mg, Naringenin: 4.06mg Apigenin: 2.49mg, Apigenin: 2.49mg, Apigenin: 2.49mg, Apigenin: 2.49mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

## Nutrients (% of daily need)

Calories: 87.7kcal (4.38%), Fat: 3.25g (5.01%), Saturated Fat: 0.96g (6%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 5.79g (2.11%), Sugar: 1.1g (1.23%), Cholesterol: 3.25mg (1.08%), Sodium: 100.56mg (4.37%), Alcohol: 1.54g (100%), Alcohol %: 1.19% (100%), Protein: 4.92g (9.85%), Vitamin A: 725.58IU (14.51%), Fiber: 2.73g (10.94%), Phosphorus: 101.18mg (10.12%), Folate: 39.78µg (9.94%), Vitamin K: 9.88µg (9.41%), Manganese: 0.17mg (8.49%), Vitamin B3: 1.69mg (8.46%), Potassium: 284.22mg (8.12%), Copper: 0.15mg (7.59%), Magnesium: 29.36mg (7.34%), Vitamin C: 5.38mg (6.52%), Calcium: 61.27mg (6.13%), Iron: 0.98mg (5.47%), Vitamin B2: 0.07mg (4.38%), Vitamin B6: 0.09mg (4.25%), Vitamin B1: 0.05mg (3.26%), Zinc: 0.48mg (3.22%), Vitamin E: 0.36mg (2.42%), Vitamin B12: 0.12µg (2.06%), Vitamin B5: 0.18mg (1.81%)