



## Fresh Artichoke and White Bean Crostini

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



93 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
- ☐ 8.3 inch bacon
- ☐ 2 large thyme sprigs fresh

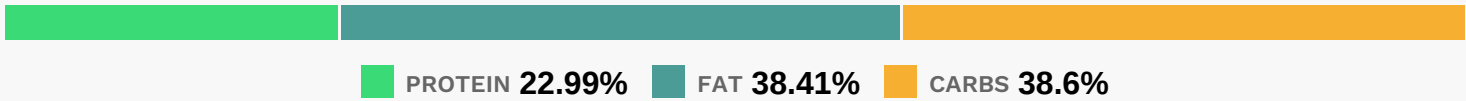
## Equipment

- ☐ 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:5.9743478252836%

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: 93.21kcal (4.66%), Fat: 3.78g (5.81%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 5.81g (2.11%), Sugar: 1.1g (1.23%), Cholesterol: 4.12mg (1.37%), Sodium: 109.31mg (4.75%), Alcohol: 1.54g (100%), Alcohol %: 1.18% (100%), Protein: 5.09g (10.18%), Vitamin A: 726.07IU (14.52%), Fiber: 2.73g (10.94%), Phosphorus: 103.08mg (10.31%), Folate: 39.78µg (9.94%), Vitamin K: 9.88µg (9.41%), Vitamin B3: 1.74mg (8.72%), Manganese: 0.17mg (8.5%), Potassium: 286.84mg (8.2%), Copper: 0.15mg (7.62%), Magnesium: 29.52mg (7.38%), Vitamin C: 5.38mg (6.52%), Calcium: 61.34mg (6.13%), Iron: 0.99mg (5.5%), Vitamin B2: 0.08mg (4.44%), Vitamin B6: 0.09mg (4.43%), Vitamin B1: 0.05mg (3.5%), Zinc: 0.5mg (3.32%), Vitamin E: 0.37mg (2.46%), Vitamin B12: 0.13µg (2.17%), Vitamin B5: 0.19mg (1.88%), Selenium: 0.97µg (1.38%)