



Greek Artichoke Appetizer

READY IN



60 min.

SERVINGS



36

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup bread crumbs dry
- ☐ 4 large eggs beaten
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1.5 cloves garlic minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 12 ounce marinated artichoke hearts divided
- ☐ 1 small onion finely chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 teaspoon parmesan cheese grated

- ☐ 0.5 teaspoon pepper sauce hot tabasco® such as
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound sharp cheddar cheese shredded

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Grease a 10x7x2-inch baking dish.
- ☐ Drain marinade from one jar of artichoke hearts into a skillet.
- ☐ Pour artichoke hearts from drained jar and the entire second jar (marinade and artichoke hearts) into a food processor. Blend until artichoke hearts are coarsely chopped and set aside.
- ☐ Cook and stir onion and garlic in the skillet with marinade over medium-low heat until onions are light brown, 5 to 7 minutes.
- ☐ Remove from heat and transfer to a large bowl.
- ☐ Stir onion mixture, eggs, bread crumbs, salt, black pepper, oregano, and hot pepper sauce together until well mixed.
- ☐ Stir sharp Cheddar cheese, parsley, Parmesan cheese, and chopped artichoke heart mixture into the onion mixture.
- ☐ Pour mixture into prepared baking dish.
- ☐ Bake in preheated oven until top is golden, 25 to 30 minutes.
- ☐ Cut into 1-inch squares and serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:2.345652166916%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 61.54kcal (3.08%), Fat: 4.68g (7.19%), Saturated Fat: 2.11g (13.22%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.28g (0.46%), Sugar: 0.28g (0.31%), Cholesterol: 30.24mg (10.08%), Sodium: 131.33mg (5.71%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.18g (6.35%), Calcium: 75.64mg (7.56%), Selenium: 4.65µg (6.64%), Phosphorus: 57.31mg (5.73%), Vitamin A: 239.5IU (4.79%), Vitamin B2: 0.07mg (4.21%), Vitamin K: 4.05µg (3.86%), Vitamin C: 2.5mg (3.04%), Zinc: 0.44mg (2.95%), Vitamin B12: 0.15µg (2.57%), Folate: 6.15µg (1.54%), Iron: 0.24mg (1.35%), Vitamin B5: 0.13mg (1.33%), Vitamin D: 0.17µg (1.12%), Fiber: 0.27g (1.09%), Vitamin B6: 0.02mg (1.07%)