



## Grilled Artichoke Bruschetta

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 slices bread french italian (4x3x)
- 1 tablespoon olive oil extra virgin extra-virgin
- 7.5 oz marinated artichoke drained chopped well
- 2 oz pimientos diced drained well
- 0.3 cup kalamata olives pitted chopped
- 0.5 cup chives (from 8-oz container)

### Equipment

- bowl

baking sheet

grill

## Directions

Heat gas or charcoal grill.

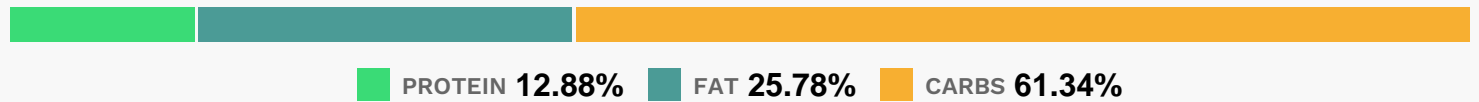
Brush 1 side of bread slices with oil. On ungreased cookie sheet, place bread, oil sides down. In medium bowl, mix remaining ingredients.

Spread artichoke mixture over bread slices.

Place slices, oil sides down, on grill (remove from cookie sheet). Cover grill; cook over low heat 4 to 5 minutes or until bottoms are golden brown and topping is hot.

Cut slices in half.

## Nutrition Facts



## Properties

Glycemic Index:10.66, Glycemic Load:12.88, Inflammation Score:-4, Nutrition Score:5.0195652090985%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 114.84kcal (5.74%), Fat: 3.3g (5.07%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 16.48g (5.99%), Sugar: 1.77g (1.96%), Cholesterol: 0mg (0%), Sodium: 287.67mg (12.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.41%), Vitamin B1: 0.23mg (15.3%), Selenium: 9.2µg (13.14%), Folate: 41µg (10.25%), Manganese: 0.18mg (8.78%), Vitamin C: 7.2mg (8.73%), Vitamin B2: 0.14mg (8.29%), Iron: 1.46mg (8.1%), Vitamin B3: 1.58mg (7.92%), Vitamin A: 292.44IU (5.85%), Fiber: 1.18g (4.7%), Vitamin K: 3.81µg (3.63%), Phosphorus: 35.18mg (3.52%), Magnesium: 11.32mg (2.83%), Copper: 0.06mg (2.81%), Zinc: 0.35mg (2.33%), Vitamin B6: 0.05mg (2.31%), Vitamin E: 0.33mg (2.22%), Calcium: 22.17mg (2.22%), Potassium: 49.17mg (1.4%), Vitamin B5: 0.11mg (1.12%)