



## Grilled Artichoke Bruschetta

 Vegetarian

READY IN



20 min.

SERVINGS



16

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

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

## Equipment

- bowl

baking sheet

grill

## Directions

Heat gas or charcoal grill.

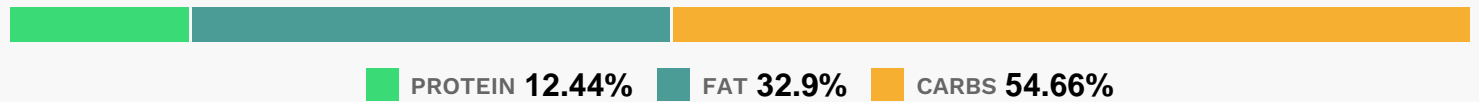
Brush 1 side of bread slices with oil. On ungreased cookie sheet, place bread, oil sides down. In medium bowl, mix remaining ingredients.

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:7.84, Glycemic Load:12.87, Inflammation Score:-4, Nutrition Score:4.8447826012321%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 132.06kcal (6.6%), Fat: 4.83g (7.42%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 16.9g (6.14%), Sugar: 1.96g (2.18%), Cholesterol: 4.4mg (1.47%), Sodium: 320.55mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.21%), Vitamin B1: 0.23mg (15.24%), Selenium: 9.18µg (13.12%), Folate: 39.69µg (9.92%), Manganese: 0.17mg (8.55%), Vitamin B2: 0.14mg (8.2%), Iron: 1.44mg (7.99%), Vitamin B3: 1.58mg (7.88%), Vitamin C: 6.48mg (7.85%), Vitamin A: 305.42IU (6.11%), Fiber: 1.14g (4.58%), Phosphorus: 34.46mg (3.45%), Calcium: 29.53mg (2.95%), Copper: 0.05mg (2.71%), Magnesium: 10.8mg (2.7%), Zinc: 0.34mg (2.28%), Vitamin B6: 0.04mg (2.22%), Vitamin E: 0.33mg (2.2%), Potassium: 45.47mg (1.3%), Vitamin K: 1.15µg (1.1%), Vitamin B5: 0.11mg (1.08%)