



Parmesan-Artichoke Crostini

READY IN



45 min.

SERVINGS



42

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette
- ☐ 4.5 oz chiles green drained chopped canned
- ☐ 2 cloves garlic minced
- ☐ 12 oz marinated artichoke hearts drained chopped
- ☐ 1 cup mayonnaise
- ☐ 1 cup parmesan cheese shredded
- ☐ 0.3 cup bell pepper red finely chopped

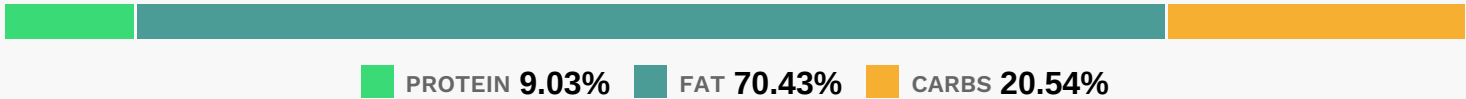
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Diagonally cut baguette into 42 (1/4-inch thick) slices. Reserve any remaining baguette for other uses. Arrange slices on large ungreased baking sheets. Broil slices 1 to 2 minutes or until toasted.
- ☐ Stir together chopped artichoke hearts and next 5 ingredients.
- ☐ Spread 1 tablespoon artichoke mixture on toasted side of each baguette slice.
- ☐ Bake at 450 for 6 to 7 minutes or until lightly browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:5.02, Glycemic Load:2.02, Inflammation Score:-1, Nutrition Score:1.8921739109184%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 71.01kcal (3.55%), Fat: 5.51g (8.47%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 3.26g (1.18%), Sugar: 0.45g (0.5%), Cholesterol: 3.86mg (1.29%), Sodium: 151.69mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin K: 8.96µg (8.53%), Vitamin C: 3.92mg (4.75%), Calcium: 37.9mg (3.79%), Vitamin A: 134.67IU (2.69%), Vitamin B1: 0.04mg (2.48%), Selenium: 1.71µg (2.45%), Phosphorus: 24.08mg (2.41%), Folate: 8.85µg (2.21%), Iron: 0.34mg (1.89%), Vitamin B2: 0.03mg (1.76%), Manganese: 0.03mg (1.59%), Vitamin B3: 0.31mg (1.53%), Fiber: 0.36g (1.44%), Vitamin E: 0.21mg (1.41%)