



## Roasted Artichoke Bruschetta



Vegetarian



Vegan



Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 slices baguette toasted
- ☐ 1 bay leaf
- ☐ 0.5 cup basil leaves fresh packed (tightly )
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 8 ounce garlic roughly chopped
- ☐ 2 lemon zest
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 0.3 teaspoon cracked pepper black

- ☐ 1 teaspoon salt

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil
- ☐ immersion blender

## Directions

- ☐ Start by removing the tough dark green outer leaves. Exactly how many leaves you have to remove is hard to say and depends on the size and variety of the artichoke itself. You will eventually see “petals” that are quite pale and soft from the base or heart and stay pale and soft about halfway up the leaf. You may then trim off the darker tips and cut the stem down some. Then rotating the artichoke as you work trim around the base of the artichoke with a paring knife. Making sure you have removed all the rough looking inedible parts. You may then quarter or half the artichokes depending on size. You should end up with about 1 pound of prepped artichokes. Preheat the oven to 350 degrees F. In a roasting pan, combine ½-cup olive oil, juice and zest of 2 lemons, lemon juice, 6 or 8 chopped garlic cloves, 1-tablespoon fresh thyme leaves, 1 bay leaf, and plenty of salt, and pepper.
- ☐ Add the prepped artichokes and mix well, coating all sides of the choke with the oil mixture.
- ☐ Put the pan into the oven, and cook until the artichokes are browned in spots and tender when pierced, about 30 minutes. You will probably need to give the artichokes a good stir about halfway through cooking. Which is a good time to tent them with foil if they are getting too brown.
- ☐ Remove the pan from the oven and allow the artichokes to cool in their liquid.
- ☐ Remove the bay leaf.
- ☐ Add another ¼ cup of olive oil and using an immersion blender process the artichokes until smooth. Alternatively you may use a fork to mash the artichokes for a more rustic presentation. But I like a smooth texture for this, in case it’s a little too fibrous. To serve add ½-cup basil leaves cut into chiffonades and serve with toasted baguette slices.

## Nutrition Facts



 **PROTEIN 9.66%**  **FAT 40.78%**  **CARBS 49.56%**

## Properties

Glycemic Index:20.73, Glycemic Load:2.68, Inflammation Score:-6, Nutrition Score:3.7995651960373%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 60.35kcal (3.02%), Fat: 2.89g (4.44%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 7.23g (2.63%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 213.7mg (9.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Manganese: 0.36mg (17.82%), Vitamin B6: 0.24mg (12.13%), Vitamin C: 8.3mg (10.07%), Vitamin K: 6.24µg (5.95%), Selenium: 3.16µg (4.51%), Calcium: 42.88mg (4.29%), Vitamin B1: 0.05mg (3.64%), Copper: 0.07mg (3.42%), Phosphorus: 32.82mg (3.28%), Iron: 0.58mg (3.22%), Vitamin E: 0.42mg (2.82%), Fiber: 0.67g (2.68%), Potassium: 87.86mg (2.51%), Vitamin B2: 0.03mg (1.99%), Magnesium: 7.23mg (1.81%), Zinc: 0.26mg (1.75%), Vitamin A: 83.41IU (1.67%), Vitamin B3: 0.28mg (1.39%), Vitamin B5: 0.13mg (1.31%), Folate: 4.51µg (1.13%)