



Sun-Dried Tomato Artichoke Buttons



Vegetarian



Gluten Free

READY IN



225 min.

SERVINGS



15

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce artichoke bottoms rinsed drained canned
- ☐ 2 tablespoons balsamic vinaigrette
- ☐ 0.3 cup basil pesto jarred
- ☐ 2 tablespoons juice of lemon
- ☐ 8 roma tomatoes cored sliced lengthwise
- ☐ 15 servings salt and pepper
- ☐ 12 balls mozzarella in water fresh

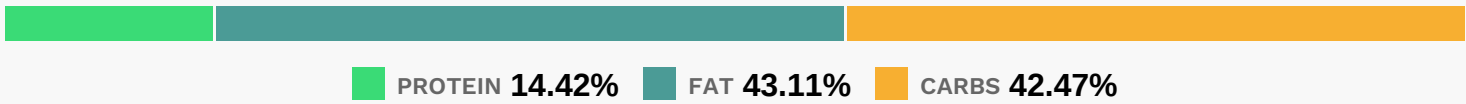
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 250 degrees F. Line a baking sheet with parchment paper.
- ☐ Slice the ends off each tomato, cut them in half lengthwise and carefully remove the seeds.
- ☐ Put the tomatoes in a bowl, toss with the balsamic vinaigrette, and season with salt and pepper.
- ☐ Place the tomatoes cut side up on the baking sheet and roast for 3 hours.
- ☐ Transfer the tomatoes to a plate to cool. (Tomatoes can be made ahead and kept covered in the refrigerator for 2 days.)
- ☐ Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
- ☐ Put the artichoke bottoms into a bowl and toss with the lemon juice.
- ☐ Let sit for 5 minutes. Rinse the artichokes with cold water and pat them dry. Trim the bottoms so that they will sit flat and arrange on the baking sheet. Top each artichoke with half a roasted tomato, a mozzarella ball, and a teaspoon of pesto.
- ☐ Put them into the oven and roast for about 5 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:2.6104347370565%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 52.23kcal (2.61%), Fat: 2.51g (3.87%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 4.33g (1.57%), Sugar: 1.9g (2.11%), Cholesterol: 0.96mg (0.32%), Sodium: 411.65mg (17.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Iron: 3.3mg (18.31%), Vitamin A: 443.68IU (8.87%), Vitamin C: 7.21mg (8.74%), Fiber: 1.24g (4.97%), Vitamin K: 2.63µg (2.51%), Potassium: 81.08mg (2.32%), Manganese: 0.04mg (1.93%), Calcium: 16.03mg (1.6%), Vitamin B6: 0.03mg (1.38%), Folate: 5.42µg (1.35%), Vitamin E: 0.18mg (1.22%), Phosphorus: 10.93mg (1.09%)