



Tomato Artichoke Appetizers

 Gluten Free

READY IN



60 min.

SERVINGS



30

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup water boiling
- ☐ 0.8 cup mayonnaise
- ☐ 0.8 cup parmesan cheese grated
- ☐ 0.5 teaspoon onion
- ☐ 7.5 oz marinated artichoke chopped
- ☐ 30 slices plum tomatoes thin (Roma)
- ☐ 1 serving thyme sprigs
- ☐ 2 cups frangelico

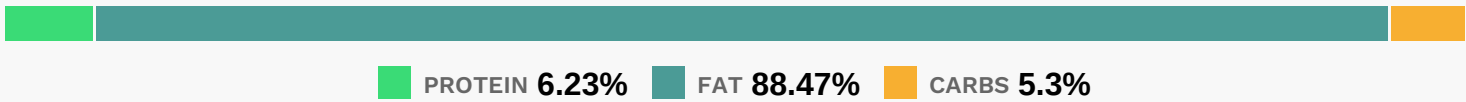
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Grease or spray cookie sheet. In medium bowl, stir together Bisquick mix and boiling water; beat vigorously 20 strokes. On work surface generously sprinkled with Bisquick mix, gently roll dough to coat. Shape into a ball; knead 10 times.
- ☐ Roll out dough 1/8 inch.
- ☐ Cut with 2-inch round cutter dipped in Bisquick mix.
- ☐ Place about 2 inches apart on cookie sheet. In small bowl, mix mayonnaise, Parmesan cheese and onion; mix well.
- ☐ Spread each round with 1/2 teaspoon mayonnaise mixture. Top with slightly less than 1 teaspoon artichokes and another 1/2 teaspoon mayonnaise mixture.
- ☐ Place 1 slice tomato on each round, and top with 1 teaspoon mayonnaise mixture.
- ☐ Bake 10 to 12 minutes or until golden brown and puffy.
- ☐ Garnish with parsley.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.0778261005231%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 56.63kcal (2.83%), Fat: 5.53g (8.51%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.59g (0.21%), Sugar: 0.13g (0.15%), Cholesterol: 4.53mg (1.51%), Sodium: 106.49mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Vitamin K: 9.25µg (8.81%), Calcium: 24.33mg (2.43%), Vitamin A: 106.05IU (2.12%), Vitamin C: 1.68mg (2.04%), Phosphorus: 17.31mg (1.73%), Selenium: 1µg (1.43%), Vitamin E: 0.2mg (1.35%)