



## Tomato-Artichoke Crostini



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 40 slices crusty baguette french (1/)
- ☐ 1 serving pam original flavor shopping list
- ☐ 6 oz marinated artichoke drained
- ☐ 2 cups plum tomatoes seeded chopped (Roma) (6 to 7 medium)
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper black

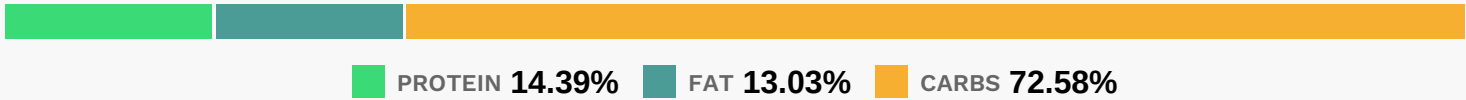
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

## Directions

- ☐ Heat oven to 325°F. Line cookie sheet with foil.
- ☐ Place bread slices on cookie sheet; lightly spray bread with cooking spray.
- ☐ Bake 6 to 9 minutes or until crisp.
- ☐ Remove from cookie sheet to cooling rack. Cool completely, about 20 minutes.
- ☐ Meanwhile, coarsely chop artichokes. In medium bowl, mix artichokes and remaining ingredients.
- ☐ Serve artichoke mixture with toasted bread slices.

## Nutrition Facts



## Properties

Glycemic Index:10.59, Glycemic Load:21.37, Inflammation Score:-5, Nutrition Score:7.813043449236%

## Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 179.49kcal (8.97%), Fat: 2.57g (3.95%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 30.34g (11.03%), Sugar: 3.71g (4.12%), Cholesterol: 0mg (0%), Sodium: 487.17mg (21.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.75%), Vitamin B1: 0.38mg (25.42%), Folate: 72.17µg (18.04%), Manganese: 0.33mg (16.4%), Selenium: 11.01µg (15.73%), Vitamin B3: 3.05mg (15.24%), Iron: 2.34mg (13.01%), Vitamin B2: 0.21mg (12.36%), Fiber: 1.8g (7.22%), Calcium: 71.71mg (7.17%), Phosphorus: 66.61mg (6.66%), Vitamin C: 5.06mg (6.14%), Vitamin A: 292.74IU (5.85%), Magnesium: 19.39mg (4.85%), Copper: 0.09mg (4.62%), Vitamin K: 4.64µg (4.42%), Vitamin B6: 0.09mg (4.29%), Potassium: 136.2mg (3.89%), Zinc: 0.55mg (3.65%), Vitamin B5:

0.26mg (2.64%), Vitamin E: 0.32mg (2.1%)