

Roasted Parmesan Artichoke

Recipe from RAMC Dietitians

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Ingredients:

1 12oz jar of quartered artichoke hearts

½ cup shredded parmesan

3 cloves garlic

¼ cup tomatoes

2 fresh basil leaves

Instructions:

1. Preheat oven to 425 degrees.
2. Drain artichoke hearts and spread in shallow baking dish.
3. Dice tomatoes and mince garlic and basil.
4. Combine tomatoes and all other ingredients in small bowl.
5. Spread mixture over artichoke hearts. Bake for 30 minutes.
6. Let cool for 6-10 minutes and enjoy.

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 106	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 11 mg	4 %
Sodium 1487 mg	62 %
Potassium 95 mg	3 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 12 g	50 %
Sugars 3 g	
Protein 10 g	20 %
Vitamin A	54 %
Vitamin C	18 %
Calcium	126 %
Iron	47 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	



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