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## Chickpea & Artichoke Bake ♦♦

A delicious vegetarian bake made with chickpeas and artichokes. This dish is perfect for a cozy dinner or a gathering with friends and family.

**Recipe Type:** Vegetarian

**Prep Time:** 20 mins

**Cook Time:** 40 mins

**Total Time:** 60 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	Chickpeas
<b>250 g</b>	Artichoke Hearts
<b>2 tbsp</b>	olive oil
<b>1 medium</b>	onion
<b>2 cloves</b>	garlic

<b>1 c</b>	tomato sauce
<b>1 tsp</b>	Dried Oregano
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper
<b>100 g</b>	feta cheese
<b>20 g</b>	fresh parsley

## Directions

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### Step 1

#### Preheating

Preheat the oven to 180°C (350°F).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Sautéing

In a large skillet, heat olive oil over medium heat. Add chopped onion and minced garlic. Sauté until the onion is translucent.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

#### Stirring

Add chickpeas, artichoke hearts, tomato sauce, dried oregano, salt, and black pepper to the skillet. Stir well to combine.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 4

Transfer the mixture to a baking dish. Crumble feta cheese on top.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 5

#### Oven

Bake in the preheated oven for 20 minutes or until the cheese is golden and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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### Step 6

#### Plating

Garnish with fresh parsley before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 12 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	8 mcg	14.55%	14.55%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Cuisines

Italian

Japanese

Mediterranean

Middle Eastern

### Diet

Anti-Inflammatory Diet

### Meal Type

Lunch

Brunch

Supper

### Course

Snacks

Salads

Appetizers

Main Dishes

Side Dishes

Desserts

## Cultural

Chinese New Year

## Nutritional Content

Low Calorie

Low Fat

Low Carb

High Calcium

## Difficulty Level

Medium

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