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Artichoke & Tomato Bake

A delicious and hearty artichoke and tomato bake that is perfect for any occasion. This dish is packed with flavor and can be enjoyed by both vegetarians and non-vegetarians alike. The artichokes and tomatoes are baked to perfection, creating a savory and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Artichokes
500 g	Tomatoes
2 tbsp	olive oil
2 cloves	garlic

1 tsp	salt
1 tsp	black pepper
50 g	parmesan cheese

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Trim the artichokes and cut them into quarters.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Cutting

Halve the tomatoes and remove the seeds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a baking dish, combine the artichokes, tomatoes, garlic, olive oil, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Bake in the preheated oven for 40-45 minutes, or until the vegetables are tender.

Prep Time: 0 mins

Cook Time: 45 mins

Step 6

Sprinkling

Sprinkle with grated Parmesan cheese before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 8 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
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	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	25 mg	27.78%	33.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Picnic

Cuisines

Italian French Mediterranean American

Course

Side Dishes Sauces & Dressings

Cooking Method

Steaming

Meal Type

Lunch Supper

Difficulty Level

Medium

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