

Baked Artichokes with Tuna and Sourdough Bread Crumbs

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/long-fermentation-italian-bread-recipe>

Ingredients:

- 2 slices sourdough bread artisan-style, each about 3 by 4 inches and 1/2 inch thick
- 1 garlic clove peeled
- 2 cans oil-packed tuna each 6 oz.
- 1/2 cup parmigiano reggiano cheese grated
- 6 tablespoons fresh lemon juice
- 1 1/2 tablespoons fresh dill chopped
- 1/4 teaspoon salt plus more, to taste
- 1/4 teaspoon freshly ground pepper
- 4 artichokes large

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 10 milligrams
4. Fat: 4 grams
5. Fiber: 7 grams
6. Protein: 12 grams
7. SaturatedFat: 2 grams
8. Sodium: 680 milligrams
9. Sugar: 3 grams

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