



April 29- Mediterranean Artichokes

Smart Snack

Link: <http://teenacathey.com/blog/months-worth-high-fiber-snack-ideas>

Recipe

Ingredients:

- 1 6-ounce jar artichokes
- 1 Tablespoon feta cheese
- 1 teaspoon lemon juice
- 1 teaspoon ground black pepper

Directions:

1. Drain can of artichokes.
2. Top with feta cheese, lemon juice, and pepper.

Yield 1 serving

Nutrition Facts

Serving Size 3/4 cup (186.66g)
Servings Per Container 1

Amount Per Serving

Calories 140 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 190mg **8%**

Total Carbohydrate 22g **7%**

Dietary Fiber 15g **61%**

Sugars 2g

Protein 6g **13%**

Vitamin A 0% • Vitamin C 25%

Calcium 10% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.