



# UCOOK

## Hearty Artichoke Bake

with toasted sourdough baguette rounds

**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

**Veggie:** Serves 1 & 2

**Chef:** Samantha du Toit

**Wine Pairing:** Sophie Germanier Organic | Chardonnay  
Organic

Nutritional Info	Per 100g	Per Portion
Energy	515.5kJ	3063kJ
Energy	123.3kcal	732.3kcal
Protein	5.5g	32.8g
Carbs	18.9g	112.1g
of which sugars	3.5g	21g
Fibre	1.7g	10.2g
Fat	2.7g	16.2g
of which saturated	1.3g	7.7g
Sodium	299.3mg	1778.3mg

**Allergens:** Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

