



Artichoke and Egg Spread



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 0.5 teaspoon curry powder to taste
- ☐ 10 servings salt and ground pepper black to taste
- ☐ 3 hardboiled eggs chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup cup heavy whipping cream sour

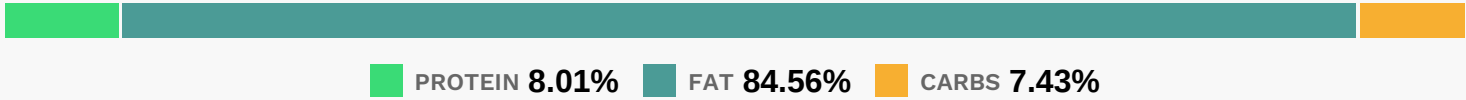
Equipment

- ☐ bowl

Directions

☐ Combine artichoke hearts, mayonnaise, sour cream, eggs, curry powder, salt, and black pepper in a bowl until well mixed.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.8717391610793%

Nutrients (% of daily need)

Calories: 131.92kcal (6.6%), Fat: 12.22g (18.8%), Saturated Fat: 2.97g (18.53%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 1.74g (0.63%), Sugar: 0.93g (1.04%), Cholesterol: 67.44mg (22.48%), Sodium: 239.9mg (10.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.21%), Vitamin K: 18.74µg (17.84%), Selenium: 5.33µg (7.61%), Vitamin B2: 0.1mg (5.82%), Vitamin E: 0.59mg (3.92%), Phosphorus: 37.4mg (3.74%), Vitamin B12: 0.2µg (3.4%), Vitamin A: 158.46IU (3.17%), Vitamin B5: 0.27mg (2.69%), Fiber: 0.67g (2.68%), Vitamin D: 0.35µg (2.35%), Calcium: 20.93mg (2.09%), Folate: 8.02µg (2.01%), Zinc: 0.22mg (1.45%), Iron: 0.25mg (1.39%), Vitamin B6: 0.03mg (1.26%), Manganese: 0.02mg (1.15%), Potassium: 38.39mg (1.1%)