



Artichoke and Green Chile Dip

 Gluten Free

READY IN



45 min.

SERVINGS



64

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 4.5 ounce chiles green drained chopped canned
- 0.7 cup mayonnaise fat-free
- 0.3 teaspoon garlic powder
- 0.3 teaspoon hot sauce
- 0.5 cup yogurt plain low-fat
- 0.5 cup parmesan cheese fresh divided grated

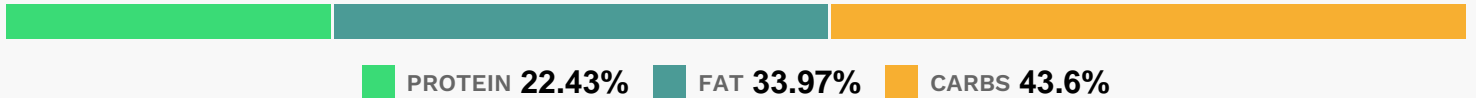
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 35
- Combine mayonnaise and yogurt in a medium bowl, stirring until smooth.
- Add artichoke, chopped chiles, 6 tablespoons Parmesan cheese, garlic powder, and hot sauce, stirring well.
- Spoon mixture into a 1-quart baking dish coated with cooking spray.
- Bake, uncovered, at 350 for 25 minutes.
- Sprinkle with remaining 2 tablespoons Parmesan cheese. Turn oven temperature to broil, and cook 1 to 2 minutes or until lightly browned.
- Garnish with green chile slices, if desired.
- Serve with Melba toast rounds or breadsticks (rounds and breadsticks not included in analysis).

Nutrition Facts



Properties

Glycemic Index:0.5, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.33304347932015%

Nutrients (% of daily need)

Calories: 8.18kcal (0.41%), Fat: 0.3g (0.46%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.44g (0.49%), Cholesterol: 0.86mg (0.29%), Sodium: 64.05mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Calcium: 13.63mg (1.36%)