



## Artichoke and Roasted Red Pepper Dip

 Gluten Free

READY IN



50 min.

SERVINGS



3

CALORIES



433 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons butter
- 1 leek diced
- 13 ounce marinated artichoke hearts drained chopped
- 3 tablespoons mayonnaise
- 0.8 cup parmesan cheese freshly grated
- 7 ounce roasted peppers red drained chopped

### Equipment

- sauce pan

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Melt butter in a saucepan over medium heat.
- Saute diced leek until tender. Stir in the artichoke hearts, roasted red peppers, Parmesan cheese, and mayonnaise.
- Transfer to an 8x8 inch baking dish.
- Bake for 30 minutes in the preheated oven, or until bubbly and lightly browned.

## Nutrition Facts

**PROTEIN 9.11%** **FAT 75.94%** **CARBS 14.95%**

## Properties

Glycemic Index:44, Glycemic Load:1.22, Inflammation Score:-9, Nutrition Score:14.620434880257%

## Flavonoids

Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 432.51kcal (21.63%), Fat: 36.39g (55.98%), Saturated Fat: 11.58g (72.38%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 12.34g (4.49%), Sugar: 2.49g (2.76%), Cholesterol: 47.7mg (15.9%), Sodium: 1964.75mg (85.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.63%), Vitamin C: 60.12mg (72.87%), Vitamin A: 2525.59IU (50.51%), Vitamin K: 37.84µg (36.04%), Calcium: 293.55mg (29.36%), Phosphorus: 187.29mg (18.73%), Fiber: 3.78g (15.14%), Selenium: 9.66µg (13.8%), Manganese: 0.27mg (13.54%), Iron: 2.18mg (12.11%), Vitamin B6: 0.21mg (10.43%), Zinc: 1.27mg (8.44%), Folate: 32.05µg (8.01%), Vitamin E: 1.08mg (7.17%), Vitamin B2: 0.12mg (7.11%), Copper: 0.13mg (6.71%), Vitamin B12: 0.37µg (6.17%), Magnesium: 24.66mg (6.16%), Potassium: 201.02mg (5.74%), Vitamin B1: 0.04mg (2.86%), Vitamin B3: 0.51mg (2.53%), Vitamin B5: 0.18mg (1.82%), Vitamin D: 0.15µg (1.02%)