



## Artichoke Dip

 Gluten Free

READY IN



6 min.

SERVINGS



6

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 14 oz artichoke hearts drained chopped canned
- 2 Tbsp butter melted
- 8 oz philadelphia cream cheese softened
- 1 clove garlic minced
- 0.3 cup parmesan cheese grated kraft

## Equipment

- microwave

## Directions

- Spread cream cheese onto bottom of microwaveable 9-inch pie plate.
- Mix artichokes, butter and garlic; spoon evenly over cream cheese.
- Sprinkle with Parmesan cheese.
- Microwave on HIGH 1 min. or until heated through.
- Serve with crackers.

## Nutrition Facts

 **PROTEIN 8.28%**  **FAT 81.08%**  **CARBS 10.64%**

## Properties

Glycemic Index:17.83, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:2.8173913042183%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 199.79kcal (9.99%), Fat: 18.01g (27.71%), Saturated Fat: 10.71g (66.97%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.29g (1.56%), Sugar: 1.94g (2.16%), Cholesterol: 51.98mg (17.33%), Sodium: 466.37mg (20.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Vitamin A: 662.02IU (13.24%), Calcium: 75.54mg (7.55%), Selenium: 4.83µg (6.9%), Phosphorus: 68.76mg (6.88%), Vitamin B2: 0.1mg (6.09%), Fiber: 1.03g (4.12%), Vitamin E: 0.46mg (3.04%), Zinc: 0.38mg (2.53%), Vitamin B12: 0.15µg (2.46%), Vitamin B5: 0.24mg (2.37%), Potassium: 60.7mg (1.73%), Vitamin B6: 0.03mg (1.54%), Magnesium: 5.08mg (1.27%), Vitamin K: 1.2µg (1.15%)