



Artichoke Dip

 Vegetarian

READY IN

ready

75 min.

SERVINGS

servings

8

CALORIES

calories

348 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups artichoke hearts dry jarred thawed drained
- ☐ 8 servings pepper black freshly ground to taste
- ☐ 8 servings butter as needed
- ☐ 1 pinch cayenne
- ☐ 8 servings round buttery crackers assorted
- ☐ 0.8 pound cream cheese softened
- ☐ 2 large eggs beaten
- ☐ 1 clove garlic minced

- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 0.5 cup milk
- ☐ 0.5 cup parmesan freshly grated
- ☐ 2 scallions white green chopped and

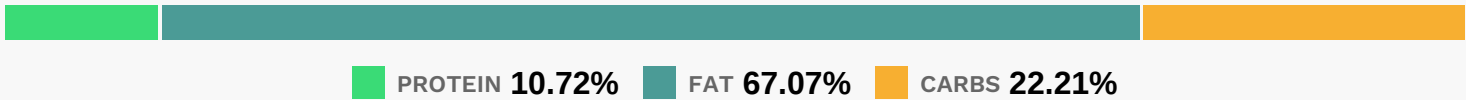
Equipment

- ☐ food processor
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a food processor, combine the cream cheese, milk, Parmesan, scallions, garlic, eggs, and lemon juice; pulse until smooth.
- ☐ Add the artichokes, salt, pepper, and cayenne, and pulse until just mixed, but still chunky.
- ☐ Transfer the mixture to a buttered, deep 4-cup casserole dish and bake until lightly browned and set, about 1 hour.
- ☐ Serve warm with crackers.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.05, Inflammation Score:-5, Nutrition Score:7.7630434658216%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 347.68kcal (17.38%), Fat: 25.71g (39.55%), Saturated Fat: 13.74g (85.85%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 16.63g (6.05%), Sugar: 4.88g (5.42%), Cholesterol: 106.28mg (35.43%), Sodium: 1210.04mg (52.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.48%), Phosphorus: 175.94mg (17.59%), Vitamin A: 872.87IU (17.46%), Calcium: 170.44mg (17.04%), Vitamin K: 15.82µg (15.07%), Selenium: 10.06µg (14.37%), Vitamin B2: 0.24mg (14.37%), Fiber: 2.52g (10.1%), Vitamin E: 1.22mg (8.11%), Vitamin B1: 0.1mg (6.65%), Vitamin B12: 0.37µg (6.18%), Iron: 1.1mg (6.1%), Manganese: 0.12mg (6.07%), Folate: 24.15µg (6.04%), Vitamin B5: 0.59mg (5.92%), Zinc: 0.73mg (4.86%), Vitamin B3: 0.89mg (4.43%), Vitamin B6: 0.08mg (3.89%), Potassium: 135.6mg (3.87%), Magnesium: 14.05mg (3.51%), Vitamin D: 0.45µg (2.99%), Copper: 0.04mg (2.21%), Vitamin C: 1.42mg (1.72%)