



Artichoke Dip

 Vegetarian

READY IN



50 min.

SERVINGS



10

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 1 slices baguette assorted for serving
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounce cream cheese softened
- ☐ 10 servings hot sauce
- ☐ 1.5 cups leeks very thinly sliced sliced lengthwise
- ☐ 1 cup mayonnaise
- ☐ 0.8 cup parmesan grated

- ☐ 10 servings salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 tablespoons vegetable oil

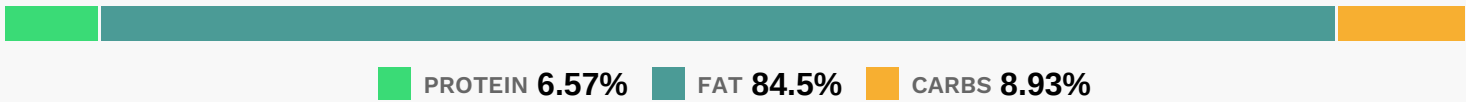
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F. Lightly spray an 11 by 7-inch baking dish with nonstick cooking spray.
- ☐ In a large bowl, combine the artichokes, cream cheese, mayonnaise, sour cream, 1/2 cup Parmesan cheese, 1/2 teaspoon salt, pepper and hot sauce if desired. Stir well. Spoon into the prepared baking dish.
- ☐ Sprinkle the remaining 1/4 cup Parmesan on top.
- ☐ Bake until bubbly, 25 to 30 minutes.
- ☐ In a small skillet, heat the oil until hot.
- ☐ Add the leeks and fry, stirring constantly, until crisp, about 5 minutes.
- ☐ Drain on paper towels and sprinkle with salt if desired.
- ☐ Sprinkle over the dip before serving.
- ☐ Serve warm with baguette slices or assorted crackers.

Nutrition Facts



Properties

Glycemic Index:23.98, Glycemic Load:2.07, Inflammation Score:-5, Nutrition Score:6.6569565197696%

Flavonoids

Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 344.51kcal (17.23%), Fat: 32.45g (49.92%), Saturated Fat: 10.99g (68.67%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 6.77g (2.46%), Sugar: 2.8g (3.11%), Cholesterol: 50.98mg (16.99%), Sodium: 706.18mg (30.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.35%), Vitamin K: 46.5µg (44.28%), Vitamin A: 744.27IU (14.89%), Calcium: 147.63mg (14.76%), Phosphorus: 106.38mg (10.64%), Vitamin E: 1.28mg (8.52%), Selenium: 5.69µg (8.13%), Vitamin B2: 0.13mg (7.91%), Manganese: 0.1mg (5.02%), Folate: 17.06µg (4.26%), Fiber: 0.94g (3.78%), Vitamin B12: 0.22µg (3.58%), Vitamin B6: 0.07mg (3.28%), Magnesium: 12.62mg (3.15%), Zinc: 0.47mg (3.15%), Vitamin B5: 0.31mg (3.11%), Iron: 0.55mg (3.07%), Potassium: 99.58mg (2.85%), Vitamin B1: 0.04mg (2.78%), Vitamin C: 1.88mg (2.28%), Copper: 0.04mg (1.81%), Vitamin B3: 0.26mg (1.31%)