



WHATSheATE



Artichoke Dip a la Veracruzana

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings round buttery crackers
- ☐ 8 ounces goat cheese fresh
- ☐ 1 tablespoon olive green chopped
- ☐ 1 tablespoon jalapeno diced
- ☐ 2 tablespoons flat parsley italian chopped
- ☐ 0.3 teaspoon sea salt
- ☐ 2 teaspoons sun-dried olives chopped
- ☐ 3 tablespoons sun-dried olives chopped
- ☐ 6 ounce marinated artichoke undrained

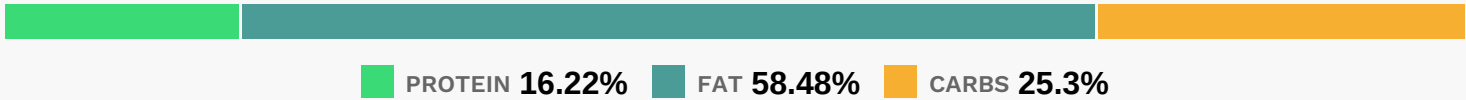
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place artichokes and goat cheese in a food processor; process until smooth. Scoop into a bowl; add 3 tablespoons chopped sun-dried tomatoes, chopped green olives, diced pickled jalapeo peppers, 2 tablespoons chopped Italian parsley, and sea salt, stirring well.
- ☐ Garnish with 2 teaspoons chopped sun-dried tomatoes and 1 teaspoon parsley; serve with your favorite crackers.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:8.7639130820399%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 223.52kcal (11.18%), Fat: 14.58g (22.43%), Saturated Fat: 6.71g (41.96%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 12.59g (4.58%), Sugar: 3.6g (4%), Cholesterol: 17.39mg (5.8%), Sodium: 510.9mg (22.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.2%), Vitamin K: 32.81µg (31.25%), Copper: 0.36mg (18.01%), Vitamin A: 854.68IU (17.09%), Phosphorus: 156.67mg (15.67%), Vitamin C: 12.32mg (14.93%), Vitamin B2: 0.21mg (12.32%), Iron: 2.11mg (11.72%), Manganese: 0.21mg (10.27%), Calcium: 90.68mg (9.07%), Vitamin B1: 0.12mg (8.1%), Vitamin B3: 1.37mg (6.85%), Vitamin B6: 0.13mg (6.5%), Fiber: 1.6g (6.41%), Folate: 21.61µg (5.4%), Potassium: 185.14mg (5.29%), Vitamin E: 0.78mg (5.18%), Magnesium: 18.32mg (4.58%), Vitamin B5: 0.42mg (4.16%), Zinc: 0.55mg (3.64%), Selenium: 2.05µg (2.92%), Vitamin B12: 0.07µg (1.2%), Vitamin D: 0.15µg (1.01%)