



## Artichoke Dip with Fontina

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



358 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons olive oil extra virgin extra-virgin
- 0.5 medium onion diced yellow
- 3 garlic clove finely chopped
- 42 ounces artichoke hearts whole drained coarsely chopped canned
- 0.3 cup wine dry white
- 4 ounces cream cheese room temperature
- 0.8 pound fontina cubed
- 0.3 cup parsley fresh chopped

- 8 wholewheat pita breads cut into 6 wedges

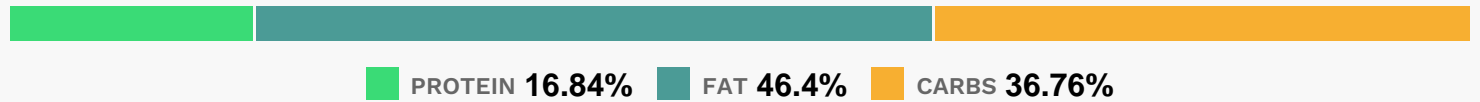
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan

## Directions

- Preheat oven to 400 degrees. In a large skillet, heat 1 tablespoon oil over medium.
- Add onion and cook until softened, about 5 minutes.
- Add garlic and cook until fragrant, 1 minute.
- Add artichokes and wine; cook until liquid evaporates, about 8 minutes.
- Remove skillet from heat and stir in cream cheese until blended. Fold in 1 1/4 cups Fontina and parsley.
- Transfer mixture to a 2-quart baking dish; sprinkle with 1 cup additional Fontina.
- Bake until golden and bubbling, 30 minutes.
- Meanwhile, in a large bowl, toss pitas with 1 tablespoon oil; spread on a rimmed baking sheet.
- Bake until golden and crisp, 15 to 20 minutes.
- Serve warm dip with pita chips.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:23.8, Inflammation Score:-5, Nutrition Score:8.5130434710047%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

## **Nutrients (% of daily need)**

Calories: 358.1kcal (17.9%), Fat: 17.84g (27.45%), Saturated Fat: 9.29g (58.05%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 28.82g (10.48%), Sugar: 2.2g (2.45%), Cholesterol: 50.92mg (16.97%), Sodium: 989.19mg (43.01%), Alcohol: 0.82g (100%), Alcohol %: 0.46% (100%), Protein: 14.57g (29.14%), Vitamin K: 27.48µg (26.17%), Calcium: 242.35mg (24.23%), Phosphorus: 178.58mg (17.86%), Manganese: 0.26mg (12.77%), Fiber: 2.98g (11.92%), Vitamin A: 589.44IU (11.79%), Zinc: 1.67mg (11.13%), Vitamin B12: 0.6µg (9.94%), Vitamin B1: 0.14mg (9.03%), Selenium: 6.07µg (8.68%), Vitamin B2: 0.14mg (8.48%), Vitamin B3: 1.06mg (5.31%), Magnesium: 19.76mg (4.94%), Iron: 0.88mg (4.86%), Copper: 0.09mg (4.66%), Folate: 17.25µg (4.31%), Vitamin B5: 0.41mg (4.1%), Vitamin E: 0.61mg (4.04%), Vitamin B6: 0.07mg (3.65%), Potassium: 116.16mg (3.32%), Vitamin C: 2.68mg (3.25%), Vitamin D: 0.2µg (1.36%)