



## Artichoke Dip with Fresh Herbs

READY IN



40 min.

SERVINGS



40

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup cream light sour
- 0.5 cup salad dressing light
- 0.5 cup parmesan cheese grated
- 0.3 cup parsley fresh chopped
- 2 tablespoons thyme leaves dried fresh chopped
- 2 tablespoons spring onion sliced
- 14 oz artichoke hearts drained coarsely chopped canned
- 0.5 cup plum tomatoes diced seeded (Roma)
- 1 slices bread french

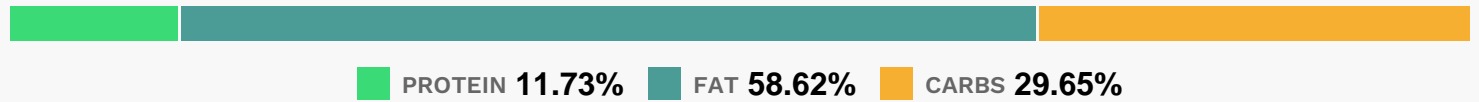
# Equipment

- bowl
- oven

# Directions

- Heat oven to 350°F. In medium bowl, mix all dip ingredients except tomatoes.
- Spread in ungreased 9-inch quiche dish, glass pie plate or shallow 1-quart casserole.
- Bake 18 to 24 minutes or until hot. Top with tomatoes and additional chopped dresh parsley.
- Serve warm with dippers. Cover and refrigerate any remaining dip.

# Nutrition Facts



# Properties

Glycemic Index:5.69, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:1.3982608561283%

# Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

# Nutrients (% of daily need)

Calories: 30.86kcal (1.54%), Fat: 2g (3.08%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.98g (0.72%), Sugar: 0.38g (0.42%), Cholesterol: 4.15mg (1.38%), Sodium: 92.34mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin K: 11.72µg (11.16%), Calcium: 22.62mg (2.26%), Vitamin A: 111.07IU (2.22%), Vitamin C: 1.58mg (1.92%), Phosphorus: 16.84mg (1.68%), Selenium: 1.08µg (1.54%), Vitamin B2: 0.02mg (1.23%), Fiber: 0.3g (1.18%), Vitamin B1: 0.02mg (1.05%), Folate: 4.04µg (1.01%)