

Artichoke Hearts and Roasted Red Pepper Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

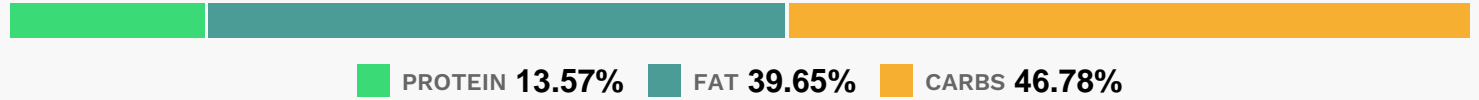
- 14 ounce artichoke hearts drained quartered canned
- 1 cloves garlic chopped (these get very strong, so I advise moderation)
- 0.3 cup roasted peppers red (from a jar)
- 4 servings salt to taste
- 1 tbsp tahini
- 0.1 tbsp pepper white

Equipment

Directions

- Serve as a dip for fresh vegetables (baby carrots, peppers, cauliflower, broccoli, etc.) or pita bread.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.7408695659074%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 48.45kcal (2.42%), Fat: 2.02g (3.11%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 3.48g (1.27%), Sugar: 0.77g (0.86%), Cholesterol: 0mg (0%), Sodium: 681.39mg (29.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Fiber: 1.88g (7.53%), Vitamin C: 4.51mg (5.46%), Vitamin B1: 0.06mg (4.22%), Copper: 0.08mg (3.81%), Phosphorus: 32.91mg (3.29%), Selenium: 1.43µg (2.04%), Manganese: 0.04mg (1.83%), Iron: 0.28mg (1.57%), Vitamin B6: 0.03mg (1.54%), Zinc: 0.2mg (1.34%), Vitamin B3: 0.27mg (1.33%), Folate: 5.12µg (1.28%), Magnesium: 4.92mg (1.23%), Calcium: 10.94mg (1.09%)