



## Artichoke Hearts au Gratin

 **Gluten Free**

READY IN



**26 min.**

SERVINGS



**6**

CALORIES



**213 kcal**

**SIDE DISH**

### Ingredients

- ☐ 20 ounce artichoke hearts in water drained canned
- ☐ 3 ounce french-fried onions canned
- ☐ 0.5 cup salad dressing italian-style
- ☐ 1 cup mozzarella cheese shredded

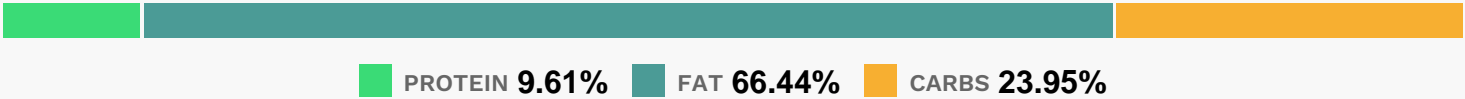
### Equipment

- ☐ oven
- ☐ baking pan

# Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Lightly spray a shallow baking dish or glass pie plate with cooking spray.
- ☐ Arrange artichoke hearts in the bottom of dish.
- ☐ Drizzle 1/4 cup salad dressing over artichokes.
- ☐ Bake in preheated oven for 10 minutes.
- ☐ Remove, spread cheese over the top, and drizzle with remaining 1/4 cup salad dressing. Return to oven, and bake until cheese is melted and bubbly, about 10 minutes. Turn off oven.
- ☐ Sprinkle fried onions over the top, and return to oven for 1 minute.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.8134783098231%

## Nutrients (% of daily need)

Calories: 213.4kcal (10.67%), Fat: 15.19g (23.37%), Saturated Fat: 5.98g (37.38%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 10.87g (3.95%), Sugar: 3.03g (3.37%), Cholesterol: 14.75mg (4.92%), Sodium: 778.49mg (33.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.89%), Vitamin K: 11.4µg (10.85%), Calcium: 96.81mg (9.68%), Vitamin B12: 0.43µg (7.09%), Phosphorus: 69.02mg (6.9%), Fiber: 1.46g (5.82%), Selenium: 3.57µg (5.09%), Zinc: 0.56mg (3.73%), Vitamin B2: 0.05mg (3.11%), Vitamin E: 0.46mg (3.1%), Vitamin A: 133.24IU (2.66%), Magnesium: 4.71mg (1.18%)