



Artichoke, Leek, and Goat Cheese Dip with Garlic Pita Chips

READY IN



45 min.

SERVINGS



12

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts rinsed drained canned
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup yogurt plain fat-free
- 0.5 teaspoon garlic powder
- 3 ounces goat cheese softened
- 0.5 teaspoon kosher salt
- 1 Dash kosher salt
- 0.3 cup leek sliced

- 2 teaspoons juice of lemon fresh
- 2 ounces pecorino romano cheese fresh grated
- 6 6-inch pitas whole wheat ()

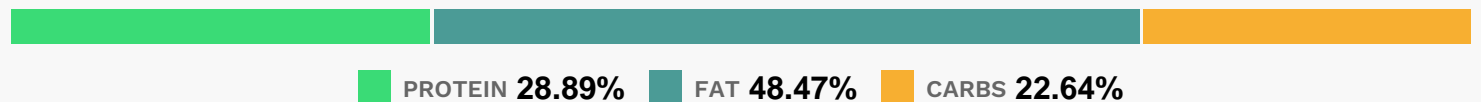
Equipment

- food processor
- baking sheet
- oven

Directions

- To prepare dip, combine yogurt and goat cheese in a food processor; process until smooth.
- Add leek and artichoke; process until finely chopped, scraping sides.
- Add pecorino Romano, juice, pepper, and dash of salt; pulse until blended. Cover and chill 2 hours.
- Garnish with chives, if desired.
- Preheat oven to 35
- To prepare chips, cut each pita into 8 wedges. Arrange pita wedges in a single layer on a baking sheet; lightly coat with cooking spray.
- Sprinkle evenly with 1/2 teaspoon salt and garlic powder.
- Bake at 350 for 14 minutes or until toasted. Cool completely.
- Serve with dip.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.0669565252636%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg,

Naringenin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Nutrients (% of daily need)

Calories: 53.49kcal (2.67%), Fat: 2.8g (4.31%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.35g (0.85%), Sugar: 1.25g (1.39%), Cholesterol: 8.38mg (2.79%), Sodium: 315.45mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Calcium: 82.07mg (8.21%), Phosphorus: 72.28mg (7.23%), Vitamin B2: 0.07mg (4.1%), Copper: 0.06mg (3%), Vitamin A: 124.72IU (2.49%), Fiber: 0.6g (2.39%), Selenium: 1.52µg (2.18%), Vitamin B12: 0.13µg (2.14%), Zinc: 0.3mg (2.01%), Vitamin B6: 0.04mg (1.77%), Manganese: 0.03mg (1.65%), Magnesium: 6.09mg (1.52%), Vitamin B5: 0.14mg (1.43%), Iron: 0.25mg (1.37%), Vitamin K: 1.2µg (1.14%), Potassium: 39.05mg (1.12%), Vitamin B1: 0.02mg (1.01%)