



Artichoke & lemon dip

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 280 g marinated artichoke drained
- 1 garlic clove
- 50 g pine nut toasted
- 1 lemon zest
- 3 tbsp parmesan grated (or vegetarian alternative)
- 20 g pack flatleaf parsley
- 3 tbsp olive oil extra-virgin

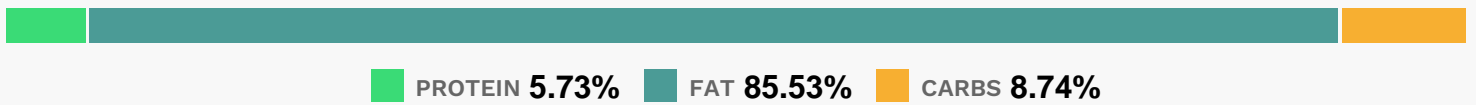
Equipment

- food processor
- bowl
- blender

Directions

- Combine all ingredients in a food processor or blender, then season with salt and pepper. Pure until fine, then scrape into a bowl.
- Sprinkle with extra pine nuts and the reserved parsley leaves to serve.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:6.4491304649931%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 136.13kcal (6.81%), Fat: 13.18g (20.28%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.65g (0.72%), Cholesterol: 1.27mg (0.43%), Sodium: 164.78mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin K: 47.57µg (45.3%), Manganese: 0.56mg (28.04%), Vitamin C: 11.81mg (14.31%), Vitamin A: 577.47IU (11.55%), Vitamin E: 1.36mg (9.09%), Phosphorus: 51.06mg (5.11%), Iron: 0.81mg (4.5%), Magnesium: 17.97mg (4.49%), Copper: 0.09mg (4.43%), Fiber: 1.1g (4.4%), Calcium: 35.39mg (3.54%), Zinc: 0.49mg (3.25%), Vitamin B1: 0.03mg (1.79%), Vitamin B3: 0.32mg (1.59%), Potassium: 55.64mg (1.59%), Folate: 6.16µg (1.54%), Vitamin B2: 0.02mg (1.4%)