



Artichoke Lemon Dip



Gluten Free



Popular

READY IN



10 min.

SERVINGS



8

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 400 g artichoke hearts packed in water, drained canned
- ☐ 0.3 cup parsley fresh chopped
- ☐ 25 g parmesan cheese packed grated
- ☐ 1 Tbsp lemon zest
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 teaspoon pepper fresh black
- ☐ 0.3 teaspoon salt
- ☐ 225 g cream cheese room temperature

☐ 3 Tbsp juice of lemon

Equipment

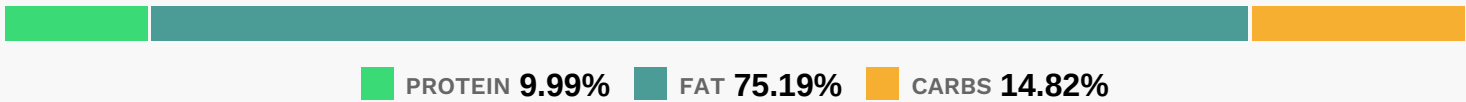
☐ food processor

☐ bowl

Directions

- ☐ Pulse artichoke hearts, parsley, Parmesan, zest, garlic, salt and pepper:
- ☐ Put the drained artichoke hearts, parsley, Parmesan, lemon zest, garlic, and salt and pepper in a food processor. Pulse a few times until a paste forms. You should still be able to make out bits of parsley and lemon, so don't over-process it.
- ☐ Combine with cream cheese and lemon juice:
- ☐ Place the cream cheese in a medium sized bowl.
- ☐ Add the artichoke parsley mixture and the lemon juice. Stir until well blended.
- ☐ Add more salt, pepper, and lemon juice to taste.
- ☐ Garnish with a few fresh leaves of parsley or ribbons of lemon zest.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:3.9847826170533%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 126.27kcal (6.31%), Fat: 10.59g (16.29%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 3.73g (1.36%), Sugar: 1.64g (1.82%), Cholesterol: 31.13mg (10.38%), Sodium: 401.53mg (17.46%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.33%), Vitamin K: 31.6µg (30.1%), Vitamin A: 564.13IU (11.28%), Vitamin C: 5.76mg (6.98%), Calcium: 60.11mg (6.01%), Phosphorus: 52.31mg (5.23%), Selenium: 3.58µg (5.12%), Vitamin B2: 0.08mg (4.67%), Fiber: 0.97g (3.87%), Zinc: 0.31mg (2.04%), Vitamin B5: 0.19mg (1.92%), Vitamin E: 0.28mg (1.89%), Potassium: 63.44mg (1.81%), Vitamin B12: 0.1µg (1.73%), Folate: 6.82µg (1.71%), Manganese: 0.03mg (1.59%), Vitamin B6: 0.03mg (1.44%), Magnesium: 5.32mg (1.33%), Iron: 0.19mg (1.06%)