



Artichoke & olive dip

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 280 g artichokes drained in oil
- ☐ 340 g olive green pitted drained
- ☐ 25 g pinenuts
- ☐ 50 g parmesan finely grated (or vegetarian alternative)
- ☐ 0.5 juice of lemon

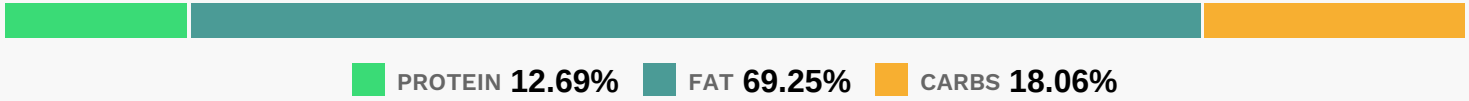
Equipment

- ☐ food processor
- ☐ bowl

Directions

☐ Put the artichokes, olives, pine nuts, Parmesan and lemon juice into a food processor and whizz to a rough paste. Can be made up to a day ahead and chilled. When ready to serve, put into a bowl, swirl the reserved oil from the artichokes over the top and finish with the remaining olive. If made ahead, bring it to room temperature about an hour before serving to let the flavours develop.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:8.1269563967767%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 5.87mg, Naringenin: 5.87mg, Naringenin: 5.87mg, Naringenin: 5.87mg Apigenin: 3.49mg, Apigenin: 3.49mg, Apigenin: 3.49mg, Apigenin: 3.49mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 165.36kcal (8.27%), Fat: 13.75g (21.15%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 3.52g (1.28%), Sugar: 1.05g (1.16%), Cholesterol: 5.67mg (1.89%), Sodium: 1061.47mg (46.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Manganese: 0.49mg (24.41%), Fiber: 4.55g (18.21%), Vitamin E: 2.66mg (17.72%), Calcium: 149.48mg (14.95%), Phosphorus: 126.26mg (12.63%), Magnesium: 48.51mg (12.13%), Copper: 0.23mg (11.69%), Vitamin K: 10.09µg (9.61%), Folate: 35.93µg (8.98%), Vitamin C: 6.46mg (7.83%), Potassium: 231.58mg (6.62%), Iron: 1.18mg (6.53%), Vitamin A: 295.21IU (5.9%), Zinc: 0.75mg (5%), Vitamin B1: 0.06mg (4.3%), Vitamin B2: 0.07mg (4.25%), Vitamin B6: 0.08mg (4.22%), Vitamin B3: 0.83mg (4.15%), Selenium: 2.51µg (3.59%), Vitamin B5: 0.22mg (2.25%), Vitamin B12: 0.1µg (1.67%)