



## Artichoke Topper

READY IN



70 min.

SERVINGS



10

CALORIES



85 kcal

SIDE DISH

## Ingredients

- 0.5 cup marinated artichoke hearts drained finely chopped
- 4 oz philadelphia neufchatel cheese softened ( )
- 1 Tbsp polly-o parmesan cheese shredded
- 1 Tbsp roasted peppers red chopped
- 48 lightly woven wheat crackers salted

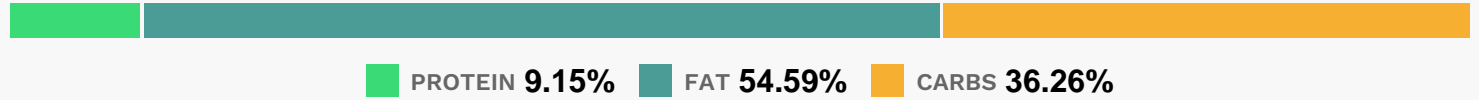
## Equipment

- hand mixer

## Directions

- Mix artichokes, Neufchatel and Parmesan cheese with electric mixer on medium speed until well blended. Stir in peppers; cover.
- Refrigerate at least 1 hour.
- Spread 2 tsp. of the artichoke mixture onto each cracker.

## Nutrition Facts



## Properties

Glycemic Index:5.4, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.0608695636949%

## Nutrients (% of daily need)

Calories: 84.73kcal (4.24%), Fat: 5.15g (7.93%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 6.87g (2.5%), Sugar: 1.68g (1.87%), Cholesterol: 8.73mg (2.91%), Sodium: 174.39mg (7.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.89%), Vitamin A: 206.96IU (4.14%), Vitamin C: 2.79mg (3.38%), Fiber: 0.83g (3.33%), Calcium: 27.55mg (2.76%), Phosphorus: 19.41mg (1.94%), Iron: 0.33mg (1.82%), Vitamin B2: 0.02mg (1.16%)