



## Awesome Artichoke Dip

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 14 oz artichoke hearts drained chopped canned
- 8 oz philadelphia cream cheese softened
- 0.3 tsp garlic powder
- 0.8 cup italian\* five cheese blend shredded kraft finely
- 2 tsp penzey's southwest seasoning dried italian
- 0.5 cup real mayo mayonnaise kraft
- 0.3 cup parmesan cheese grated kraft
- 1 pkt. shake n bake seasoned panko seasoned coating mix

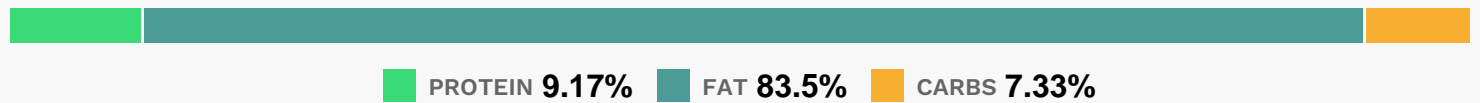
## Equipment

- bowl
- oven
- baking pan

## Directions

- Heat oven to 375F.
- Combine coating mix and seasonings in medium bowl; stir in shredded cheese and Parmesan cheese.
- Reserve 1/2 cup shredded cheese mixture; mix remaining with cream cheese, mayo and artichokes. Spoon into shallow 1-qt. baking dish or 9-inch pie plate; top with reserved cheese mixture.
- Bake 25 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:2.17, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.720000008849999%

## Nutrients (% of daily need)

Calories: 50.85kcal (2.54%), Fat: 4.75g (7.31%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.31g (0.34%), Cholesterol: 7.87mg (2.62%), Sodium: 96.87mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.35%), Vitamin K: 5.25µg (5%), Vitamin A: 84.9IU (1.7%), Calcium: 16.91mg (1.69%), Selenium: 0.78µg (1.11%), Phosphorus: 10.83mg (1.08%), Vitamin E: 0.16mg (1.07%)