



Baked Artichoke and Jalapeño Cheese Spread

READY IN



30 min.

SERVINGS



18

CALORIES



151 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup salad dressing
- ☐ 6 oz marinated artichoke drained coarsely chopped
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 12 oz juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) hot drained chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup panko bread crumbs crispy
- ☐ 72 round buttery crackers

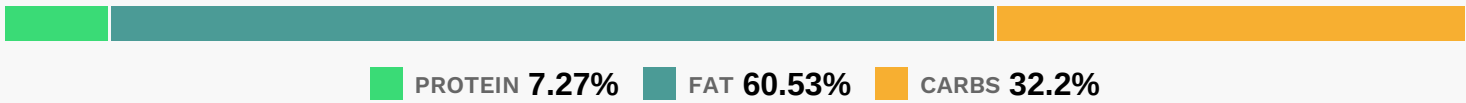
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
- ☐ In medium bowl, stir together cream cheese and mayonnaise. Stir in artichokes, bell pepper and jalapeños. Reserve 1 tablespoon of the cheese; stir remaining cheese into artichoke mixture.
- ☐ Spread cheese mixture evenly in bottom of pie plate.
- ☐ Sprinkle evenly with bread crumbs and reserved tablespoon cheese.
- ☐ Bake about 20 minutes or just until top is lightly golden.
- ☐ Serve warm with crackers.

Nutrition Facts



Properties

Glycemic Index:3.28, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:3.4799999866797%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 151.21kcal (7.56%), Fat: 10.19g (15.68%), Saturated Fat: 3.93g (24.57%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 11.64g (4.23%), Sugar: 2.41g (2.68%), Cholesterol: 15.14mg (5.05%), Sodium: 586.46mg (25.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Vitamin K: 10.14µg (9.66%), Vitamin A: 354.89IU (7.1%), Phosphorus: 67.2mg (6.72%), Calcium: 60.17mg (6.02%), Vitamin C: 4.66mg (5.65%), Vitamin E: 0.72mg (4.79%), Vitamin B1: 0.07mg (4.66%), Vitamin B2: 0.08mg (4.51%), Selenium: 3.02µg (4.31%), Manganese: 0.08mg (4.15%), Iron: 0.71mg (3.95%), Vitamin B3: 0.7mg (3.51%), Folate: 12.08µg (3.02%), Fiber: 0.56g (2.23%), Zinc: 0.28mg (1.88%), Vitamin B6: 0.03mg (1.4%), Vitamin B5: 0.14mg (1.38%), Potassium: 48.05mg (1.37%), Magnesium: 5.44mg (1.36%), Vitamin B12: 0.07µg (1.15%), Copper: 0.02mg (1.13%)