



Baked Artichoke Dip

READY IN



45 min.

SERVINGS



6

CALORIES



421 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce artichoke hearts drained chopped canned
- ☐ 6 servings round buttery crackers
- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lemon
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 cup freshly parmesan cheese shredded

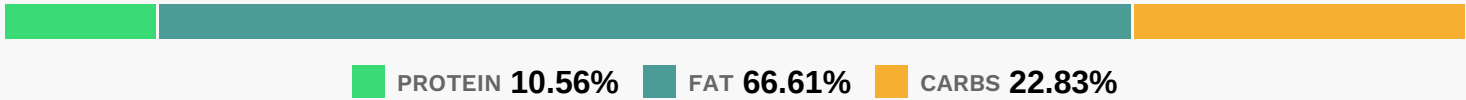
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 6 ingredients, stirring well. Spoon into a lightly greased 1-quart baking dish; sprinkle with grated Parmesan cheese.
- ☐ Bake at 350 for 30 minutes or until bubbly.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:9.5852173774139%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 420.67kcal (21.03%), Fat: 30.62g (47.11%), Saturated Fat: 7.64g (47.75%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 20.78g (7.55%), Sugar: 3.31g (3.68%), Cholesterol: 26.72mg (8.91%), Sodium: 1213.42mg (52.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Vitamin K: 54.61µg (52%), Calcium: 279.63mg (27.96%), Phosphorus: 208.42mg (20.84%), Selenium: 9µg (12.86%), Vitamin B1: 0.17mg (11.43%), Fiber: 2.85g (11.39%), Vitamin E: 1.55mg (10.33%), Manganese: 0.2mg (9.76%), Vitamin B2: 0.16mg (9.15%), Iron: 1.39mg (7.7%), Vitamin B3: 1.44mg (7.19%), Folate: 25µg (6.25%), Zinc: 0.92mg (6.15%), Vitamin B12: 0.32µg (5.36%), Magnesium: 16.53mg (4.13%), Vitamin A: 184.8IU (3.7%), Copper: 0.06mg (2.95%), Vitamin B6: 0.06mg (2.8%), Vitamin C: 2.25mg (2.72%), Vitamin B5: 0.26mg (2.59%), Potassium: 74.44mg (2.13%), Vitamin D: 0.16µg (1.07%)