



Baked Artichoke Squares

READY IN



45 min.

SERVINGS



60

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 16 oz regular crescent rolls refrigerated canned
- 9 oz spinach frozen chopped
- 0.1 teaspoon garlic powder
- 60 servings lemon zest
- 0.8 cup parmesan cheese grated
- 0.7 cup salad dressing
- 0.7 cup cream sour

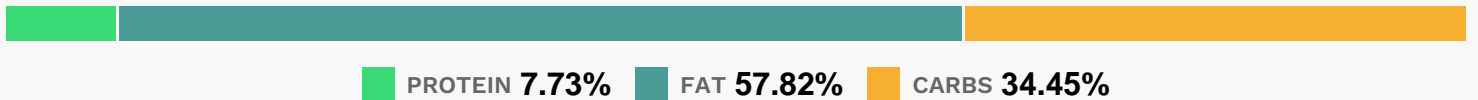
Equipment

- bowl
- frying pan
- paper towels
- oven
- sieve
- microwave

Directions

- Heat oven to 375F. Cook spinach in microwave as directed on box.
- Drain spinach in strainer; cool 5 minutes. Carefully squeeze with paper towel to drain well.
- Unroll both cans of dough on work surface. If using crescent rolls, separate into 4 long rectangles. If using dough sheets, cut into 4 long rectangles.
- Place crosswise in ungreased 15x10x1-inch pan; press dough over bottom and 1 inch up sides to form crust. Firmly press perforations to seal.
- Bake 10 to 12 minutes or until light golden brown. Meanwhile, in medium bowl, mix spinach, artichokes, cheese, mayonnaise, sour cream and garlic powder.
- Spread mixture evenly over partially baked crust.
- Bake 8 to 10 minutes longer or until topping is hot.
- Cut into 1 1/2-inch squares.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:0.08, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:1.9165217510384%

Nutrients (% of daily need)

Calories: 45.92kcal (2.3%), Fat: 3.05g (4.69%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.84g (1.4%), Sugar: 1.21g (1.35%), Cholesterol: 2.6mg (0.87%), Sodium: 135.53mg (5.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.83%), Vitamin K: 17.34µg (16.52%), Vitamin A: 526.41IU (10.53%), Calcium: 19.73mg (1.97%), Folate: 6.42µg (1.61%), Manganese: 0.03mg (1.61%), Vitamin E: 0.2mg (1.31%), Phosphorus: 12.39mg (1.24%), Selenium: 0.84µg (1.2%), Vitamin B2: 0.02mg (1.08%), Iron: 0.19mg (1.07%), Magnesium: 4.05mg (1.01%)