



Best Ever Hot Artichoke Dip

 Gluten Free

READY IN



50 min.

SERVINGS



5

CALORIES



604 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 13 ounce marinated artichoke chopped
- 1 cup mayonnaise
- 1 cup parmesan cheese grated
- 2 cups mozzarella cheese shredded

Equipment

- oven
- baking pan

Directions

- Preheat oven to 275 degrees F (135 degrees C).
- In a shallow baking dish combine the artichoke hearts, mozzarella cheese, parmesan cheese and mayonnaise.
- Bake for 45 minutes, or until hot and bubbly.
- Sprinkle with almonds if desired.
- Serve hot with tortilla chips or crackers.

Nutrition Facts

PROTEIN 11.36% **FAT 83.71%** **CARBS 4.93%**

Properties

Glycemic Index:15.4, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:12.9899999292%

Nutrients (% of daily need)

Calories: 604.32kcal (30.22%), Fat: 55.76g (85.78%), Saturated Fat: 14.97g (93.57%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 5.93g (2.16%), Sugar: 1.47g (1.63%), Cholesterol: 71.61mg (23.87%), Sodium: 1195.47mg (51.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.02g (34.04%), Vitamin K: 74.39µg (70.85%), Calcium: 421.37mg (42.14%), Phosphorus: 294.8mg (29.48%), Vitamin A: 1242.06IU (24.84%), Vitamin B12: 1.35µg (22.42%), Selenium: 15.65µg (22.35%), Vitamin C: 15.48mg (18.76%), Zinc: 2.24mg (14.94%), Vitamin B2: 0.2mg (12.02%), Vitamin E: 1.66mg (11.04%), Fiber: 1.47g (5.9%), Iron: 0.91mg (5.07%), Magnesium: 16.41mg (4.1%), Vitamin D: 0.37µg (2.46%), Potassium: 79.81mg (2.28%), Vitamin B5: 0.21mg (2.05%), Vitamin B6: 0.04mg (1.82%), Manganese: 0.03mg (1.68%), Folate: 6.58µg (1.64%), Vitamin B1: 0.02mg (1.55%), Copper: 0.02mg (1.07%)