



Blue Cheese Artichoke Dip

READY IN



45 min.

SERVINGS



16

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained canned
- 0.5 cup athenos cheese blue crumbled
- 8 oz philadelphia cream cheese softened
- 4 green onions sliced
- 1 cup real mayo mayonnaise kraft
- 0.5 cup parmesan cheese shredded kraft
- 16 servings wheat snack crackers thin

Equipment

food processor

oven

Directions

Preheat oven 350F.

Place all ingredients in food processor container; cover. Process just until blended, but not completely smooth.

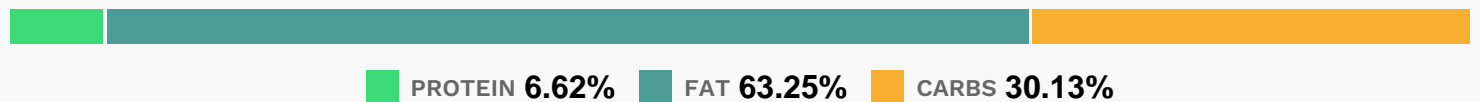
Spoon into 9-inch pie plate.

Bake 20 to 25 minutes or until lightly browned.

Let stand 5 to 10 minutes before serving.

Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:10.19, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:3.8934782069662%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 316.9kcal (15.84%), Fat: 22.33g (34.36%), Saturated Fat: 6.8g (42.47%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 21.49g (7.82%), Sugar: 4.86g (5.4%), Cholesterol: 25.49mg (8.5%), Sodium: 550.98mg (23.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.51%), Vitamin K: 29.48µg (28.08%), Fiber: 2.44g (9.78%), Calcium: 94.9mg (9.49%), Phosphorus: 57.23mg (5.72%), Vitamin A: 285.97IU (5.72%), Iron: 0.85mg (4.74%), Selenium: 2.87µg (4.11%), Vitamin E: 0.62mg (4.1%), Vitamin B2: 0.06mg (3.77%), Vitamin B12: 0.14µg (2.28%), Zinc: 0.3mg (2.01%), Vitamin B5: 0.19mg (1.94%), Folate: 5.63µg (1.41%), Potassium: 43.47mg (1.24%), Magnesium: 4.36mg (1.09%), Vitamin B6: 0.02mg (1.04%)