



Blue Cheese-Artichoke Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce artichoke hearts drained coarsely chopped canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cheese blue crumbled
- ☐ 8 ounce cream sour reduced-fat
- ☐ 8 ounce weight cream cheese fat-free softened
- ☐ 1 garlic clove minced
- ☐ 1 cup onion chopped
- ☐ 0.8 cup bell pepper red chopped

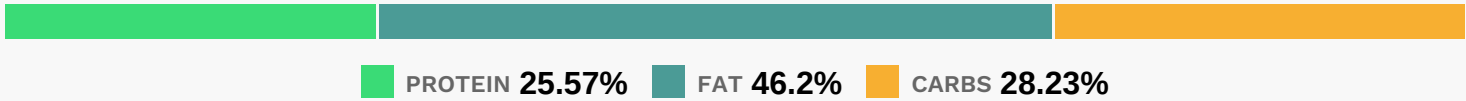
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a medium nonstick skillet over medium-high heat.
- ☐ Add onion and bell pepper; saut 5 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Remove from heat.
- ☐ Place onion mixture in a 2 1/2-quart electric slow cooker.
- ☐ Add blue cheese and remaining ingredients; stir until blended. Cover and cook on LOW for 2 hours or until cheese melts and mixture is thoroughly heated, stirring occasionally.
- ☐ Ingredient Tip: If you really love blue cheese, then pull out all the stops and choose Gorgonzola for this dip. Among blues, Gorgonzola is moist, creamy, savory, earthy, and slightly spicier than its relatives. However, any blue will do.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:3.0573912807133%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 65.26kcal (3.26%), Fat: 3.28g (5.04%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 3.64g (1.32%), Sugar: 1.56g (1.73%), Cholesterol: 10.39mg (3.46%), Sodium: 313.76mg (13.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Phosphorus: 97.52mg (9.75%), Vitamin C: 7.89mg (9.57%), Calcium: 94.05mg (9.4%), Vitamin A: 269.96IU (5.4%), Vitamin B2: 0.08mg (4.5%), Vitamin B12: 0.24µg (3.96%), Fiber: 0.87g (3.5%), Folate: 11.75µg (2.94%), Zinc: 0.44mg (2.91%), Selenium: 1.95µg (2.79%), Potassium:

97.25mg (2.78%), Vitamin B5: 0.24mg (2.41%), Vitamin B6: 0.05mg (2.35%), Magnesium: 6.73mg (1.68%),
Manganese: 0.02mg (1.24%), Vitamin B1: 0.02mg (1.2%)