



Broccoli and Artichoke Party Dip

READY IN



35 min.

SERVINGS



16

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz broccoli frozen
- 8 oz approx cream cheese spread
- 0.5 cup salad dressing
- 0.3 cup milk
- 0.3 teaspoon ground pepper red (cayenne)
- 1 cup parmesan shredded
- 14 oz artichoke hearts drained coarsely chopped canned
- 0.3 cup roasted peppers red drained chopped (from a jar)
- 1 loaf crusty baguette french cut into 1/4-inch slices (16 inch)

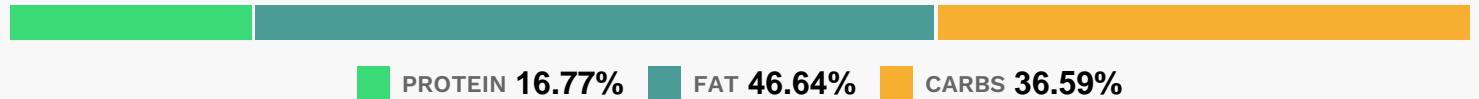
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 350°F. Cook broccoli as directed on bag for minimum time. Chop broccoli to about 1/2-inch size.
- Meanwhile, in medium bowl, mix cream cheese spread, mayonnaise, milk, ground red pepper and 1/2 cup of the Parmesan cheese until well blended. Stir in broccoli mixture, artichoke hearts and roasted red peppers. Spoon into ungreased 1 1/2-quart baking dish.
- Sprinkle with remaining 1/2 cup Parmesan cheese.
- Bake uncovered 25 to 30 minutes or until mixture is hot and bubbly.
- Serve with baguette slices.

Nutrition Facts



Properties

Glycemic Index:12.55, Glycemic Load:5.56, Inflammation Score:-4, Nutrition Score:6.3573913107748%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 133.48kcal (6.67%), Fat: 6.87g (10.58%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 10.83g (3.94%), Sugar: 2.75g (3.06%), Cholesterol: 13.5mg (4.5%), Sodium: 465.39mg (20.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.13%), Vitamin K: 26.41µg (25.15%), Vitamin C: 20.04mg (24.29%), Calcium: 124mg (12.4%), Phosphorus: 77.73mg (7.77%), Folate: 30.93µg (7.73%), Vitamin B1: 0.11mg (7.51%), Vitamin A: 349.13IU (6.98%), Selenium: 4.85µg (6.93%), Manganese: 0.13mg (6.25%), Vitamin B2: 0.1mg (6%), Fiber: 1.3g (5.19%), Vitamin B3: 0.89mg (4.45%), Iron: 0.78mg (4.36%), Vitamin B6: 0.07mg (3.54%),

Magnesium: 12.39mg (3.1%), Potassium: 108.02mg (3.09%), Zinc: 0.41mg (2.72%), Vitamin E: 0.4mg (2.65%), Vitamin B5: 0.22mg (2.24%), Copper: 0.04mg (1.79%), Vitamin B12: 0.1µg (1.59%)