



Caesar Hot Artichoke Dip

 Gluten Free

READY IN



50 min.

SERVINGS



3

CALORIES



526 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 0.3 cup mayonnaise
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper sauce hot
- 0.7 cup salad dressing caesar-style
- 0.3 cup cup heavy whipping cream sour
- 0.7 cup swiss cheese shredded
- 1 cup tomatoes chopped

Equipment

- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium mixing bowl, combine Caesar dressing, mayonnaise, sour cream and Parmesan cheese; blend well. Stir in Swiss cheese, artichoke hearts, tomatoes and hot pepper sauce.
- Pour mixture into an 8x8 inch baking dish.
- Bake 40 to 45 minutes in the preheated oven.
- Serve hot.

Nutrition Facts

PROTEIN 9.43% **FAT 78.01%** **CARBS 12.56%**

Properties

Glycemic Index:38.33, Glycemic Load:0.67, Inflammation Score:-6, Nutrition Score:12.315652098345%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 525.79kcal (26.29%), Fat: 45.25g (69.61%), Saturated Fat: 13.14g (82.11%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 13.76g (5.01%), Sugar: 8.99g (9.99%), Cholesterol: 57.52mg (19.17%), Sodium: 1423.15mg (61.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.3g (24.61%), Vitamin K: 74.65µg (71.1%), Calcium: 351.41mg (35.14%), Phosphorus: 252.64mg (25.26%), Selenium: 13.68µg (19.54%), Vitamin A: 903.76IU (18.08%), Vitamin E: 2.53mg (16.84%), Vitamin B12: 0.96µg (15.97%), Zinc: 1.77mg (11.82%), Fiber: 2.63g (10.54%), Vitamin B2: 0.17mg (9.91%), Vitamin C: 7.49mg (9.08%), Potassium: 236.46mg (6.76%), Magnesium: 22.7mg (5.68%), Vitamin B6: 0.11mg (5.6%), Manganese: 0.09mg (4.41%), Folate: 13.07µg (3.27%), Copper: 0.06mg (3.22%), Vitamin B5: 0.31mg (3.12%), Vitamin B1: 0.04mg (2.81%), Iron: 0.42mg (2.35%), Vitamin B3: 0.41mg (2.06%)