



Cheesy Artichoke Dip

READY IN



50 min.

SERVINGS



10

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce artichoke hearts drained coarsely chopped canned
- ☐ 0.3 cup flour all-purpose
- ☐ 5 medium garlic clove finely chopped
- ☐ 1 cup gruyere cheese shredded
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 cup panko bread crumbs
- ☐ 1 cup parmesan cheese finely grated
- ☐ 0.3 cup cream sour
- ☐ 3 tablespoons butter unsalted

☐ 1 medium onion white finely chopped

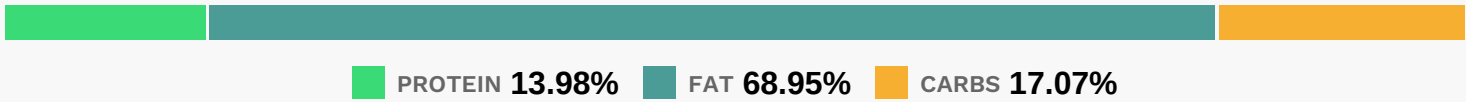
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 375°F and arrange a rack in the middle.
- ☐ Heat butter in a medium saucepan over medium heat. When it foams, add onion and garlic, season with salt and freshly ground black pepper, and cook until onion and garlic are beginning to turn brown in color, about 6 minutes. Stir in flour and cook stirring constantly until no longer raw tasting, about 1 minute.
- ☐ Sprinkle in 3/4 cup of the Parmesan, pour in cream, and stir to incorporate.
- ☐ Add artichoke hearts, sour cream, and 1/2 cup of the Gruyère and stir until cheese begins to melt.
- ☐ Transfer dip to an 8-by-8-inch baking dish and top with remaining Parmesan and Gruyère and the panko.
- ☐ Bake until heated through, bubbling on the edges, and the cheese is melted, about 30 to 35 minutes.
- ☐ Let rest 5 minutes.
- ☐ Serve with crackers or pita chips.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:2.09, Inflammation Score:-5, Nutrition Score:6.179565222367%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 267.22kcal (13.36%), Fat: 20.39g (31.36%), Saturated Fat: 12.3g (76.9%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 9.7g (3.53%), Sugar: 2.24g (2.48%), Cholesterol: 62.54mg (20.85%), Sodium: 593.73mg (25.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.59%), Calcium: 255.45mg (25.54%), Phosphorus: 176.25mg (17.63%), Vitamin A: 702.63IU (14.05%), Selenium: 8.47µg (12.09%), Vitamin B2: 0.16mg (9.37%), Zinc: 1.13mg (7.53%), Vitamin B12: 0.41µg (6.9%), Fiber: 1.66g (6.64%), Vitamin B1: 0.08mg (5.22%), Manganese: 0.1mg (5%), Vitamin D: 0.57µg (3.82%), Folate: 14.41µg (3.6%), Magnesium: 14.03mg (3.51%), Vitamin B6: 0.07mg (3.32%), Vitamin E: 0.43mg (2.89%), Potassium: 91.2mg (2.61%), Vitamin B5: 0.24mg (2.44%), Iron: 0.43mg (2.41%), Vitamin B3: 0.45mg (2.25%), Vitamin K: 1.95µg (1.85%), Vitamin C: 1.48mg (1.79%), Copper: 0.03mg (1.67%)