



Cheesy Artichoke Dip

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



746 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 4 ounce chiles green drained chopped canned
- 6 ounce marinated artichoke drained chopped canned
- 1 cup mayonnaise
- 4 ounce parmesan cheese grated
- 8 ounce mozzarella cheese shredded

Equipment

- bowl

- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a medium bowl, mix artichoke hearts, marinated artichoke hearts, green chile peppers, mayonnaise, Parmesan cheese and mozzarella cheese.
- Spread the mixture in a small baking dish.
- Bake in the preheated oven 30 minutes, until lightly browned and bubbly.

Nutrition Facts

PROTEIN 12.4% **FAT 80.92%** **CARBS 6.68%**

Properties

Glycemic Index:19.25, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:16.93217372376%

Nutrients (% of daily need)

Calories: 745.88kcal (37.29%), Fat: 66.4g (102.16%), Saturated Fat: 18.84g (117.73%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 9.47g (3.44%), Sugar: 2.1g (2.35%), Cholesterol: 92.98mg (30.99%), Sodium: 1847.72mg (80.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.89g (45.79%), Vitamin K: 93.07µg (88.63%), Calcium: 560.13mg (56.01%), Phosphorus: 395.33mg (39.53%), Selenium: 20.93µg (29.91%), Vitamin B12: 1.74µg (29.04%), Vitamin C: 18.63mg (22.58%), Vitamin A: 1125.87IU (22.52%), Zinc: 2.99mg (19.95%), Vitamin B2: 0.28mg (16.32%), Vitamin E: 2.09mg (13.93%), Fiber: 2.86g (11.44%), Iron: 1.18mg (6.54%), Folate: 23.78µg (5.94%), Magnesium: 22.96mg (5.74%), Vitamin B6: 0.08mg (4.12%), Potassium: 138.49mg (3.96%), Vitamin D: 0.48µg (3.2%), Vitamin B5: 0.29mg (2.92%), Manganese: 0.05mg (2.25%), Vitamin B1: 0.03mg (2.21%), Copper: 0.03mg (1.41%), Vitamin B3: 0.26mg (1.29%)