



## Cheesy Onion Artichoke Dip

READY IN



75 min.

SERVINGS



8

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 8 servings serving suggestions: crackers
- 8 ounce cream cheese neufchatel-style softened
- 4 green onions thinly sliced for garnish (reserve half )
- 1 Dash hot sauce such as texas pete's
- 0.5 cup mayonnaise light
- 1 teaspoon olive oil
- 0.5 onion thinly sliced
- 0.3 cup parmesan grated

- 0.8 cup part-skim mozzarella cheese shredded
- 8 servings salt and pepper
- 1 Dash worcestershire sauce

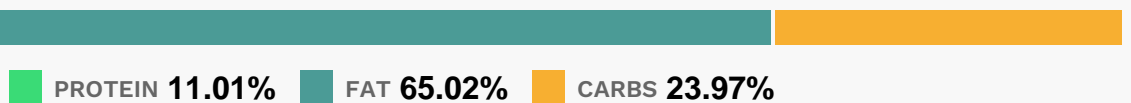
## Equipment

- frying pan
- oven
- mixing bowl
- hand mixer

## Directions

- Watch how to make this recipe.
- Heat the oil in a nonstick medium skillet.
- Add the onions, season with 1/4 teaspoon kosher salt and cook over low heat, stirring frequently, until caramelized, 25 minutes; set aside. Preheat the oven to 350 degrees F. In a large mixing bowl, beat the cream cheese with a hand-held electric mixer until smooth; beat in the mayonnaise until smooth.
- Add the reserved caramelized onions, the artichoke hearts, mozzarella, Parmesan, hot sauce, Worcestershire and half of the green onions.
- Add an additional 1/4 teaspoon of salt and some black pepper to taste and stir together until combined.
- Transfer the dip to a pie plate or shallow gratin dish and bake until the top is golden brown, 30 to 40 minutes.
- Serve hot with crackers, tortilla chips, crostini or veggies.
- Garnish with the remaining green onions.

## Nutrition Facts



## Properties

Glycemic Index:14.13, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:6.7291304067425%

## Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 274.9kcal (13.75%), Fat: 19.84g (30.52%), Saturated Fat: 8.9g (55.63%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 15.06g (5.47%), Sugar: 3.84g (4.27%), Cholesterol: 40.43mg (13.48%), Sodium: 857.83mg (37.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.11%), Vitamin K: 29.1µg (27.72%), Calcium: 190.58mg (19.06%), Phosphorus: 157.94mg (15.79%), Vitamin A: 533.66IU (10.67%), Vitamin B2: 0.16mg (9.42%), Selenium: 6.06µg (8.66%), Vitamin E: 1.24mg (8.26%), Vitamin B1: 0.09mg (5.9%), Fiber: 1.4g (5.62%), Manganese: 0.11mg (5.57%), Folate: 21.03µg (5.26%), Iron: 0.94mg (5.21%), Zinc: 0.69mg (4.6%), Vitamin B3: 0.87mg (4.35%), Vitamin B12: 0.2µg (3.31%), Magnesium: 12.03mg (3.01%), Potassium: 101.12mg (2.89%), Vitamin B5: 0.27mg (2.69%), Vitamin B6: 0.05mg (2.44%), Vitamin C: 1.66mg (2.01%), Copper: 0.04mg (1.98%)