



Chicken Artichoke Bacon Dip

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts rinsed drained canned
- ☐ 4 strips bacon cooked coarsely chopped
- ☐ 3 ounce chicken breast cooked cut into 1/2-inch pieces
- ☐ 1 clove garlic minced
- ☐ 8 servings ground pepper black to taste
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons milk to taste
- ☐ 2 ounces neufchâtel cheese cut into cubes

- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 1.5 cups pkt spinach fresh chopped
- ☐ 2 slices swiss cheese cut into strips

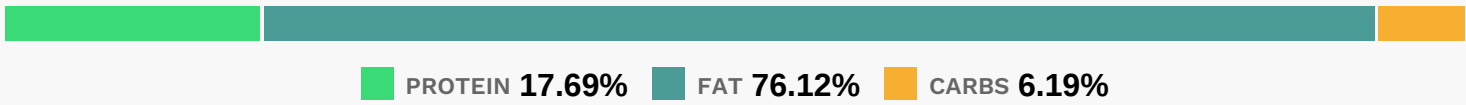
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Blend artichoke hearts, chicken breast, spinach, bacon, mayonnaise, mozzarella cheese, Neufchatel cheese, milk, garlic, Swiss cheese, black pepper, and cayenne pepper in a blender or food processor; spread into a baking dish.
- ☐ Bake until browned and bubbling on top, 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:6.9704347149186%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 202.9kcal (10.14%), Fat: 16.9g (26%), Saturated Fat: 4.9g (30.63%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.97g (1.08%), Cholesterol: 34.05mg (11.35%), Sodium: 428.52mg (18.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.67%), Vitamin K: 50.54µg (48.14%), Vitamin A: 689.12IU (13.78%), Selenium: 8.15µg (11.65%), Phosphorus: 108.93mg (10.89%), Vitamin B3: 1.95mg (9.75%), Calcium: 95.92mg (9.59%), Vitamin B12: 0.43µg (7.1%), Vitamin B6: 0.11mg (5.65%), Zinc: 0.75mg (4.99%), Vitamin B2:

0.08mg (4.95%), Vitamin E: 0.69mg (4.6%), Manganese: 0.08mg (3.82%), Fiber: 0.92g (3.68%), Folate: 13.93µg (3.48%), Magnesium: 13.13mg (3.28%), Potassium: 108.93mg (3.11%), Vitamin B1: 0.04mg (2.85%), Vitamin B5: 0.26mg (2.61%), Iron: 0.39mg (2.18%), Vitamin C: 1.7mg (2.06%), Copper: 0.03mg (1.33%)