



Chicken-Artichoke-Cheese Spread Gift Box



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



4067 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 14 ounce artichoke hearts diced drained canned
- ☐ 3 cups meat from a rotisserie chicken diced cooked
- ☐ 16 ounce cream cheese softened
- ☐ 4 green onions minced
- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups parmesan cheese shredded
- ☐ 1 cup pecans toasted finely chopped
- ☐ 1 teaspoon seasoned pepper

- ☐ 7 garnishes: to 8 green onion stems and 1 red chile pepper halved
- ☐ 0.5 teaspoon salt

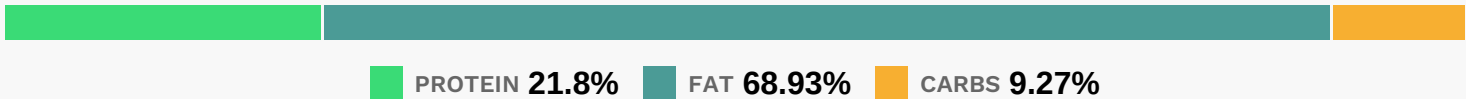
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ plastic wrap

Directions

- ☐ Stir together first 9 ingredients in a large bowl until blended; spoon into a straight-sided 9- x 5-inch loafpan lined with plastic wrap. Cover and chill 8 hours, or freeze up to 1 month; thaw in the refrigerator 8 hours.
- ☐ Invert chilled mixture onto a serving plate; remove plastic wrap.
- ☐ Cut loaf in half crosswise; place 1 cut half directly on top of remaining cut half, and smooth sides.
- ☐ Serve with crackers or toasted French baguette slices.
- ☐ Garnish, if desired, by plunging green onion stems in boiling water; plunge stems into ice water to stop the cooking process. Immediately transfer to paper towels; drain stems, and press between paper towels to dry. Press stems into sides of cheese square, beginning with the end of one stem on each side. Bring stems up and over to center of top; form loops with remaining stems, and secure with wooden picks. Arrange chile pepper halves on top.
- ☐ Note: To make 2 small boxes, cut in half, and garnish each half, if desired.

Nutrition Facts



Properties

Glycemic Index:173, Glycemic Load:20.31, Inflammation Score:-10, Nutrition Score:84.586086853691%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin:

7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg
Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3–gallate:
2.51mg, Epigallocatechin 3–gallate: 2.51mg, Epigallocatechin 3–gallate: 2.51mg, Epigallocatechin 3–gallate: 2.51mg
Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin:
2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg,
Naringenin: 0.21mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg
Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 4067.45kcal (203.37%), Fat: 315.6g (485.54%), Saturated Fat: 138.97g (868.53%), Carbohydrates: 95.5g
(31.83%), Net Carbohydrates: 72.4g (26.33%), Sugar: 44.24g (49.16%), Cholesterol: 909.13mg (303.04%), Sodium:
7608.05mg (330.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 224.52g (449.04%), Vitamin C:
468.68mg (568.1%), Phosphorus: 3139.24mg (313.92%), Calcium: 3023.82mg (302.38%), Manganese: 5.99mg
(299.6%), Selenium: 193.45µg (276.36%), Vitamin A: 11376.19IU (227.52%), Vitamin B6: 4.02mg (201.14%), Vitamin
B3: 39.54mg (197.69%), Vitamin B2: 2.78mg (163.62%), Vitamin K: 163.47µg (155.69%), Zinc: 20.13mg (134.2%),
Magnesium: 435.31mg (108.83%), Copper: 2.17mg (108.46%), Potassium: 3380.49mg (96.59%), Vitamin B1: 1.42mg
(94.74%), Fiber: 23.1g (92.4%), Vitamin B5: 9.23mg (92.31%), Iron: 14.15mg (78.61%), Vitamin B12: 4.62µg (76.93%),
Vitamin E: 8.35mg (55.65%), Folate: 206.31µg (51.58%), Vitamin D: 1µg (6.67%)