



## Chicken-Artichoke Spread

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



44 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 14 ounce artichoke hearts drained canned
- 3 small garlic cloves minced
- 0.5 cup green onions minced
- 3 drops hot sauce
- 2 tablespoons mayonnaise light
- 1 cup yogurt plain low-fat
- 0.1 teaspoon paprika
- 0.3 cup parmesan cheese fresh grated

- 8 ounce skinned
- 2 teaspoons worcestershire sauce

## Equipment

- food processor
- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 35
- Place artichoke hearts in food processor, and process until finely chopped. Spoon into a bowl, and set aside.
- Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add chicken, and cook 4 minutes on each side or until chicken is done.
- Remove chicken from skillet, and let cool.
- Cut chicken into 1-inch pieces, and set aside.
- Recoat skillet with cooking spray, and add onions and garlic. Saut 2 minutes or until tender.
- Place chicken and onion mixture in food processor; process until finely ground.
- Add yogurt, mayonnaise, cheese, and sauces, and pulse until well-blended.
- Add chicken mixture to artichokes; stir well.
- Spoon mixture into a 1-quart baking dish coated with cooking spray, and sprinkle with paprika.
- Bake mixture at 350 for 25 minutes or until heated.
- Serve spread warm or cold with French bread or crackers.

## Nutrition Facts



## Properties

Glycemic Index:6.5, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.9047826126866%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 44.3kcal (2.22%), Fat: 1.41g (2.17%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.5g (1.67%), Cholesterol: 11.33mg (3.78%), Sodium: 173.57mg (7.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Selenium: 5.54µg (7.92%), Vitamin B3: 1.53mg (7.64%), Vitamin K: 7.53µg (7.17%), Phosphorus: 65.46mg (6.55%), Vitamin B6: 0.12mg (6.23%), Calcium: 51.46mg (5.15%), Vitamin B2: 0.06mg (3.33%), Potassium: 107.76mg (3.08%), Vitamin B5: 0.31mg (3.07%), Vitamin B12: 0.13µg (2.21%), Magnesium: 7.91mg (1.98%), Fiber: 0.48g (1.92%), Zinc: 0.28mg (1.89%), Vitamin C: 1.29mg (1.57%), Vitamin B1: 0.02mg (1.34%), Vitamin A: 65.29IU (1.31%), Folate: 4.53µg (1.13%)