



Collard Green and Artichoke Dip

READY IN



35 min.

SERVINGS



10

CALORIES



292 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained coarsely chopped
- ☐ 4 tablespoons butter
- ☐ 20 ounce collard greens thawed drained
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cloves garlic chopped
- ☐ 1 pint heavy whipping cream
- ☐ 1 Dash hot sauce
- ☐ 0.5 juice of lemon juiced
- ☐ 0.7 cup parmesan freshly grated

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 shallots chopped
- ☐ 0.5 cup cheddar shredded
- ☐ 1 Dash worcestershire sauce

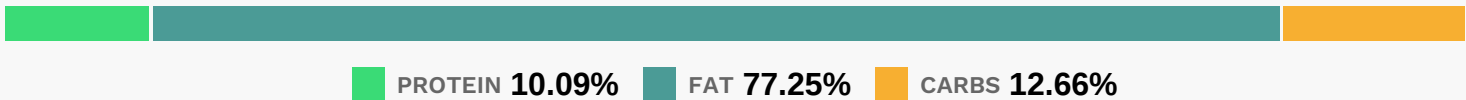
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Melt butter in a 2-quart saucepan over medium heat.
- ☐ Add garlic and shallots and saute until tender, about 3 minutes. Stir in the flour and cook for 1 minute until it reaches a golden blonde color. Slowly whisk in the cream and turn up heat until it thickens.
- ☐ Add the Parmesan and Cheddar. Stir until the cheese has melted.
- ☐ Add salt, pepper, lemon juice, hot sauce and Worcestershire. Fold in the collard greens and artichoke hearts.
- ☐ Add mixture to a casserole dish.
- ☐ Bake for 15 minutes until golden brown.
- ☐ Serve this dip with baked pita chips.

Nutrition Facts



Properties

Glycemic Index:27.1, Glycemic Load:1.99, Inflammation Score:-10, Nutrition Score:16.59391289172%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 292.12kcal (14.61%), Fat: 25.65g (39.47%), Saturated Fat: 15.98g (99.87%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 6.39g (2.32%), Sugar: 2.28g (2.54%), Cholesterol: 75.69mg (25.23%), Sodium: 467.05mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.09%), Vitamin K: 250.05µg (238.15%), Vitamin A: 3790.53IU (75.81%), Calcium: 285.97mg (28.6%), Vitamin C: 21.29mg (25.8%), Manganese: 0.42mg (21.05%), Folate: 83.76µg (20.94%), Vitamin B2: 0.23mg (13.45%), Vitamin E: 1.91mg (12.73%), Fiber: 3.07g (12.29%), Phosphorus: 121.16mg (12.12%), Selenium: 6.49µg (9.27%), Vitamin B6: 0.14mg (6.93%), Magnesium: 24.75mg (6.19%), Potassium: 194.7mg (5.56%), Vitamin D: 0.82µg (5.5%), Vitamin B1: 0.07mg (4.82%), Zinc: 0.67mg (4.46%), Vitamin B12: 0.23µg (3.75%), Vitamin B5: 0.36mg (3.59%), Vitamin B3: 0.67mg (3.35%), Iron: 0.58mg (3.2%), Copper: 0.05mg (2.25%)