



Collard Greens & Artichoke Spread

READY IN



30 min.

SERVINGS



20

CALORIES



174 kcal

SIDE DISH

Ingredients

- 1 cup four cheese shredded mexican style kraft finely
- 10 oz collard greens frozen thawed drained well
- 1 clove garlic minced
- 6.5 oz marinated artichoke hearts drained coarsely chopped
- 0.8 cup real mayo mayonnaise kraft
- 0.3 tsp pepper sauce hot
- 20 servings ritz crackers
- 0.3 tsp lea & perrins worcestershire sauce

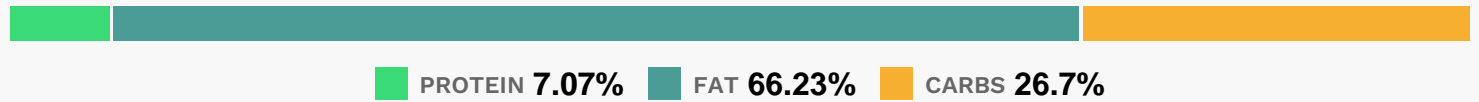
Equipment

oven

Directions

- Heat oven to 350F.
- Combine ingredients except crackers.
- Spoon into 9-inch pie plate.
- Bake 20 min. or until heated through.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:5.35, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:8.2160869668359%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 173.85kcal (8.69%), Fat: 12.83g (19.75%), Saturated Fat: 3.04g (19%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 10.52g (3.83%), Sugar: 1.54g (1.71%), Cholesterol: 9.18mg (3.06%), Sodium: 271.42mg (11.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.17%), Vitamin K: 83.78µg (79.79%), Vitamin A: 865.81IU (17.32%), Calcium: 100.34mg (10.03%), Manganese: 0.18mg (9.17%), Vitamin C: 7.04mg (8.53%), Vitamin E: 1.2mg (7.98%), Folate: 31.43µg (7.86%), Phosphorus: 75.15mg (7.51%), Vitamin B1: 0.08mg (5.42%), Vitamin B2: 0.09mg (5.16%), Iron: 0.88mg (4.9%), Fiber: 1.12g (4.49%), Vitamin B3: 0.89mg (4.45%), Selenium: 2.73µg (3.91%), Zinc: 0.35mg (2.33%), Magnesium: 8.53mg (2.13%), Vitamin B6: 0.04mg (1.98%), Potassium: 56.55mg (1.62%), Copper: 0.03mg (1.52%), Vitamin B5: 0.14mg (1.36%), Vitamin B12: 0.07µg (1.17%)