



Creamy Artichoke Appetizers

 Gluten Free

READY IN



70 min.

SERVINGS



48

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz mozzarella cheese shredded
- 0.7 cup water
- 2 tablespoons vegetable oil
- 1.5 cups mayonnaise
- 1.5 cups parmesan cheese grated
- 7 oz roasted peppers diced red drained
- 1 tablespoon dijon mustard
- 1 tablespoon worcestershire sauce

- 2 teaspoons garlic powder
- 28 oz artichoke hearts drained chopped canned
- 3 cups frangelico

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375°F. Spray 15x10x1-inch pan with cooking spray.
- In large bowl, stir Bisquick mix and mozzarella cheese until thoroughly combined. Stir in water and oil until dough forms; beat vigorously 20 strokes.
- Let stand 8 minutes.
- Using hands dipped in additional Bisquick mix, press dough in bottom and up sides of pan.
- Bake 9 to 11 minutes or until crust is puffed and top edges are just starting to brown.
- Meanwhile, in medium bowl, mix all remaining ingredients except artichokes. Stir in artichokes. Evenly spread mixture over partially baked crust.
- Bake 12 to 15 minutes or until thoroughly heated and crust is golden brown.
- Set oven control to broil. Broil with top of pan 6 inches from heat 2 to 3 minutes or until filling is golden brown. Cool 10 minutes.
- Cut into 8 rows by 6 rows.

Nutrition Facts

  
 **PROTEIN 9.71%**  **FAT 83.01%**  **CARBS 7.28%**

Properties

Glycemic Index:2.38, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.7895652101092%

Nutrients (% of daily need)

Calories: 81.83kcal (4.09%), Fat: 7.49g (11.53%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.25g (0.28%), Cholesterol: 8.46mg (2.82%), Sodium: 247.3mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin K: 12.6µg (12%), Calcium: 48.55mg (4.85%), Phosphorus: 35.72mg (3.57%), Selenium: 2.01µg (2.87%), Vitamin C: 1.97mg (2.39%), Vitamin B12: 0.13µg (2.19%), Vitamin E: 0.3mg (2.01%), Zinc: 0.26mg (1.76%), Vitamin A: 77.54IU (1.55%), Vitamin B2: 0.02mg (1.42%), Fiber: 0.33g (1.32%)