



Creamy Artichoke Dip

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounces cream cheese
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 cup artichoke hearts frozen thawed
- ☐ 1 small garlic clove finely chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest freshly grated
- ☐ 0.3 cup parmesan freshly grated

☐ 0.5 teaspoon salt

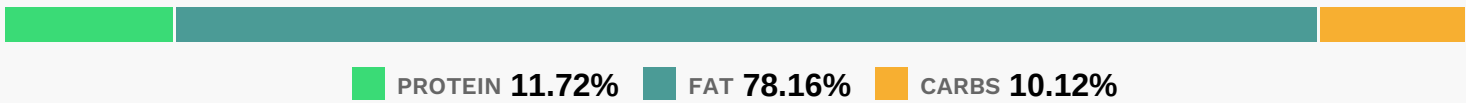
Equipment

☐ bowl

Directions

☐ Whirl all ingredients in a food-processor bowl until mixture is blended and artichokes break into small pieces.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:4.4552173847738%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 163.38kcal (8.17%), Fat: 14.54g (22.37%), Saturated Fat: 8.57g (53.57%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.38g (1.23%), Sugar: 1.52g (1.69%), Cholesterol: 41.96mg (13.99%), Sodium: 411.26mg (17.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.81%), Vitamin A: 638.65IU (12.77%), Vitamin K: 12.1µg (11.53%), Calcium: 109.08mg (10.91%), Phosphorus: 91.99mg (9.2%), Vitamin B2: 0.13mg (7.93%), Folate: 30.03µg (7.51%), Selenium: 4.62µg (6.6%), Manganese: 0.08mg (4.23%), Vitamin C: 2.84mg (3.44%), Fiber: 0.86g (3.43%), Potassium: 113.7mg (3.25%), Magnesium: 12.03mg (3.01%), Vitamin B5: 0.29mg (2.88%), Zinc: 0.42mg (2.81%), Vitamin B6: 0.05mg (2.53%), Vitamin B12: 0.15µg (2.5%), Vitamin E: 0.35mg (2.31%), Vitamin B1: 0.02mg (1.63%), Iron: 0.26mg (1.42%), Copper: 0.02mg (1.22%), Vitamin B3: 0.23mg (1.17%)