



Creamy Artichoke Dip

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 pound cream cheese
- ☐ 1 tablespoon flat-leafed parsley 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 fresh shredded finely
- ☐ 0.3 cup parmesan cheese freshly grated

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0.5 teaspoon salt

Equipment

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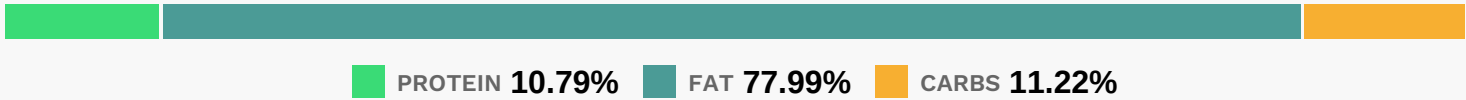
food processor

Directions

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Whirl all ingredients in a food processor until blended and artichokes break into small pieces.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:4.4486956155818%

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: 164.99kcal (8.25%), Fat: 14.66g (22.56%), Saturated Fat: 8.52g (53.25%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 3.89g (1.41%), Sugar: 1.48g (1.65%), Cholesterol: 43.01mg (14.34%), Sodium: 419.48mg (18.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.13%), Vitamin A: 643.32IU (12.87%), Vitamin K: 12.1µg (11.53%), Calcium: 92.42mg (9.24%), Phosphorus: 88.66mg (8.87%), Vitamin B2: 0.14mg (7.97%), Selenium: 5.32µg (7.6%), Folate: 29.98µg (7.49%), Manganese: 0.09mg (4.41%), Vitamin C: 2.84mg (3.44%), Fiber: 0.86g (3.43%), Potassium: 118.82mg (3.39%), Zinc: 0.51mg (3.39%), Magnesium: 11.53mg (2.88%), Vitamin B5: 0.28mg (2.81%), Vitamin B12: 0.16µg (2.64%), Vitamin B6: 0.05mg (2.5%), Vitamin E: 0.36mg (2.42%), Vitamin B1: 0.02mg (1.59%), Iron: 0.23mg (1.3%), Copper: 0.02mg (1.24%), Vitamin B3: 0.22mg (1.12%)