



Delicious Artichoke Dip

 **Gluten Free**

READY IN



25 min.

SERVINGS



8

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained canned
- 1 tablespoon juice of lemon
- 0.5 cup mayonnaise
- 1 cup parmesan cheese grated
- 0.5 cup onion red minced
- 8 servings salt and pepper to taste
- 0.5 cup cream sour

Equipment

- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a medium-sized mixing bowl, stir together mayonnaise, sour cream, Parmesan cheese and onion. When these ingredients are combined, mix in artichoke hearts, lemon juice, salt and pepper.
- Transfer mixture to a shallow baking dish.
- Bake at 400 degrees F (200 degrees C) for 20 minutes, or until light brown on top.

Nutrition Facts

PROTEIN 9.82% **FAT 79.13%** **CARBS 11.05%**

Properties

Glycemic Index:9.63, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:3.9039130418197%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 192.15kcal (9.61%), Fat: 16.78g (25.81%), Saturated Fat: 5.03g (31.45%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 4.33g (1.57%), Sugar: 1.43g (1.59%), Cholesterol: 25.24mg (8.41%), Sodium: 689.5mg (29.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.37%), Vitamin K: 23.29µg (22.18%), Calcium: 128.67mg (12.87%), Phosphorus: 96.17mg (9.62%), Selenium: 5.28µg (7.54%), Vitamin B2: 0.07mg (4.29%), Zinc: 0.63mg (4.19%), Vitamin A: 207.09IU (4.14%), Vitamin E: 0.58mg (3.88%), Fiber: 0.94g (3.76%), Vitamin B12: 0.22µg (3.6%), Vitamin C: 1.6mg (1.93%), Magnesium: 7.07mg (1.77%), Potassium: 60.34mg (1.72%), Vitamin B6: 0.03mg (1.5%), Manganese: 0.03mg (1.34%), Vitamin B5: 0.13mg (1.28%), Folate: 4.59µg (1.15%)