



Dijon-Style Artichoke Dip



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



8 ounce cream cheese softened



6.5 ounce marinated artichoke hearts chopped



0.3 cup mustard dijon-style prepared

Equipment

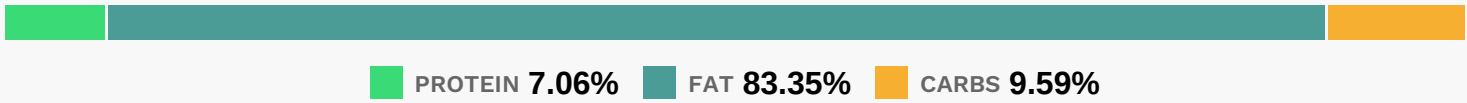


bowl

Directions

In a medium bowl, blend reserved liquid from marinated artichoke hearts, cream cheese and prepared Dijon-style mustard. When smooth, stir in marinated artichoke hearts. Chill approximately 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:2.5091304299624%

Nutrients (% of daily need)

Calories: 129.31kcal (6.47%), Fat: 12.09g (18.6%), Saturated Fat: 5.98g (37.35%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.41g (1.56%), Cholesterol: 28.63mg (9.54%), Sodium: 262.14mg (11.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin A: 616.6IU (12.33%), Selenium: 5.08µg (7.26%), Vitamin C: 4.87mg (5.9%), Vitamin B2: 0.07mg (4.14%), Phosphorus: 38.74mg (3.87%), Calcium: 37.01mg (3.7%), Fiber: 0.8g (3.18%), Vitamin B5: 0.18mg (1.85%), Vitamin E: 0.27mg (1.81%), Iron: 0.32mg (1.78%), Manganese: 0.04mg (1.78%), Magnesium: 6.29mg (1.57%), Vitamin B1: 0.02mg (1.42%), Potassium: 49.09mg (1.4%), Zinc: 0.19mg (1.28%), Vitamin B6: 0.02mg (1.06%), Vitamin B12: 0.06µg (1.04%)