



Don't A'choke Dip

READY IN



45 min.

SERVINGS



12

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 oz artichokes drained finely chopped canned
- ☐ 12 servings round buttery crackers assorted
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup spring onion chopped
- ☐ 1 cup mayonnaise
- ☐ 2 cups parmesan cheese grated
- ☐ 2 cups mozzarella cheese shredded

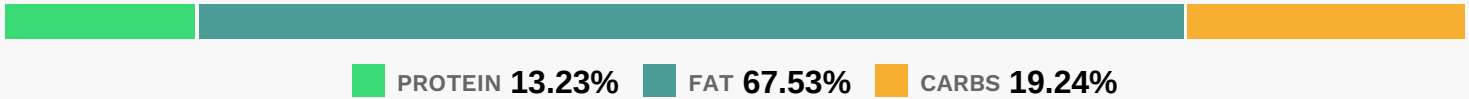
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine all ingredients except onions and crackers in an 8"x8" baking pan; mix thoroughly and bake at 375 for 45 minutes.
- ☐ Sprinkle with green onions; serve with crackers. Makes 7 cups.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:10.960434799609%

Flavonoids

Naringenin: 4.72mg, Naringenin: 4.72mg, Naringenin: 4.72mg, Naringenin: 4.72mg Apigenin: 2.83mg, Apigenin: 2.83mg, Apigenin: 2.83mg, Apigenin: 2.83mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 351kcal (17.55%), Fat: 26.58g (40.89%), Saturated Fat: 8.11g (50.68%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 14.56g (5.29%), Sugar: 2.04g (2.27%), Cholesterol: 37.09mg (12.36%), Sodium: 704.31mg (30.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.43%), Vitamin K: 49.05µg (46.72%), Calcium: 286.77mg (28.68%), Phosphorus: 254.9mg (25.49%), Selenium: 10.33µg (14.76%), Vitamin B12: 0.67µg (11.22%), Manganese: 0.22mg (10.8%), Vitamin B2: 0.18mg (10.79%), Zinc: 1.59mg (10.61%), Folate: 41.81µg (10.45%), Fiber: 2.47g (9.9%), Vitamin E: 1.37mg (9.17%), Magnesium: 36.01mg (9%), Iron: 1.43mg (7.97%), Vitamin B1: 0.11mg (7.47%), Vitamin A: 308.22IU (6.16%), Potassium: 215.24mg (6.15%), Copper: 0.12mg (6.13%), Vitamin B3: 1.22mg (6.12%), Vitamin C: 4.97mg (6.02%), Vitamin B6: 0.08mg (4.14%), Vitamin B5: 0.3mg (3.04%), Vitamin D: 0.2µg (1.3%)