

Feta Artichoke Dip

 **Gluten Free**

READY IN



40 min.

SERVINGS



18

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 13.8 ounce artichoke hearts drained coarsely chopped canned
- 8 ounce feta cheese crumbled
- 3 cloves garlic diced
- 3 spring onion sliced
- 1 cup mayonnaise
- 0.5 cup parmesan shredded
- 2 ounces pimientos diced drained
- 1 tomatoes chopped

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease 9x9 inch baking dish.
- Combine the artichoke hearts, feta, mayonnaise, Parmesan cheese, pimientos, and garlic in a bowl; blend thoroughly. Spoon into prepared baking dish.
- Bake in preheated oven until top is lightly brown, 20 to 25 minutes.
- Remove and garnish with tomatoes and green onions.

Nutrition Facts

PROTEIN 9.47% **FAT 83.94%** **CARBS 6.59%**

Properties

Glycemic Index:13.83, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:4.0582609124806%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 137.4kcal (6.87%), Fat: 12.77g (19.64%), Saturated Fat: 3.59g (22.45%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.6g (0.66%), Cholesterol: 18.33mg (6.11%), Sodium: 348.4mg (15.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin K: 25.57µg (24.35%), Calcium: 99.25mg (9.93%), Vitamin B2: 0.12mg (7.28%), Phosphorus: 68.16mg (6.82%), Vitamin C: 4.74mg (5.75%), Vitamin A: 243.49IU (4.87%), Vitamin B12: 0.26µg (4.35%), Selenium: 2.89µg (4.13%), Vitamin B6: 0.08mg (3.91%), Vitamin E: 0.51mg (3.41%), Zinc: 0.49mg (3.27%), Fiber: 0.55g (2.2%), Folate: 7.39µg (1.85%), Vitamin B1: 0.03mg (1.8%), Vitamin B5: 0.17mg (1.67%), Iron: 0.25mg (1.4%), Manganese: 0.03mg (1.36%), Magnesium: 5.24mg (1.31%), Potassium: 42.66mg (1.22%), Vitamin B3: 0.21mg (1.05%)