



Greek Artichoke Dip

READY IN



60 min.

SERVINGS



25

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz artichoke hearts frozen dry thawed roughly chopped
- 1 cup feta crumbled
- 0.3 cup kalamata olives pitted chopped
- 1 Tbsp lemon zest finely grated
- 4 ounces cream cheese at room temperature reduced-fat
- 2 teaspoons oregano fresh chopped
- 0.3 cup parmesan freshly grated
- 0.3 teaspoon pepper
- 25 servings pita wedges for serving

- 0.5 cup scallions thinly sliced
- 1 cup heavy whipping cream fat-free sour

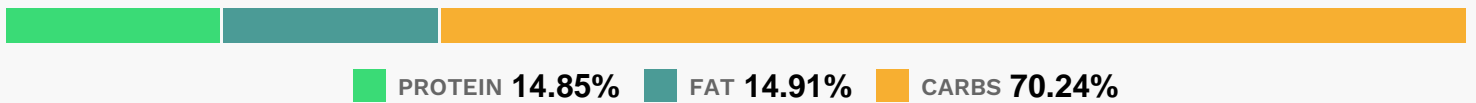
Equipment

- bowl
- oven
- baking pan
- broiler

Directions

- Place rack in top third of oven and preheat to 375F. Mist a 9-inch pie plate with cooking spray.
- Put 1/4 cup Parmesan and rest of ingredients (except pita wedges or chips) in a bowl; mix well.
- Spread in baking dish; sprinkle with reserved 2 Tbsp. Parmesan.
- Bake until bubbling, about 30 minutes. Turn broiler to high; broil until top is golden, 2 to 3 minutes, watching to be sure dip doesn't burn.
- Let cool 5 minutes.
- Serve hot with pita wedges or chips.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:29.17, Inflammation Score:-3, Nutrition Score:5.4939130298469%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 197.03kcal (9.85%), Fat: 3.24g (4.99%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 34.34g (11.45%), Net Carbohydrates: 32.55g (11.84%), Sugar: 0.38g (0.42%), Cholesterol: 9.3mg (3.1%), Sodium: 446.56mg (19.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.52%), Manganese: 0.31mg (15.38%), Calcium: 114.86mg (11.49%), Vitamin B1: 0.17mg (11.46%), Phosphorus: 103.49mg (10.35%), Vitamin B2: 0.15mg (8.59%), Folate: 30.48µg (7.62%), Fiber: 1.8g (7.18%), Vitamin B3: 1.38mg (6.88%), Iron: 0.99mg (5.47%), Copper: 0.11mg (5.47%), Magnesium: 20.97mg (5.24%), Zinc: 0.79mg (5.23%), Vitamin K: 5.37µg (5.11%), Potassium: 126.35mg (3.61%), Vitamin B5: 0.34mg (3.45%), Vitamin B12: 0.18µg (3.05%), Vitamin B6: 0.06mg (3.03%), Selenium: 1.85µg (2.64%), Vitamin A: 125.56IU (2.51%), Vitamin C: 1.17mg (1.42%)