



Hearts of Palm Dip

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup spring onion chopped
- 14.3 ounce hearts of palm drained chopped canned
- 0.8 cup mayonnaise
- 0.5 cup parmesan cheese grated
- 1 cup mozzarella cheese shredded
- 0.3 cup cream sour

Equipment

- bowl

oven

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a glass pie plate.
- In a medium bowl, mix together the hearts of palm, mozzarella cheese, Parmesan cheese, green onion, sour cream and mayonnaise.
- Spread into the greased pie plate.
- Bake uncovered for 20 minutes, or until light brown and bubbly.
- Serve with crackers or Melba rounds.

Nutrition Facts

  
PROTEIN 9.61% **FAT 69.04%** **CARBS 21.35%**

Properties

Glycemic Index:13.63, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:10.987826093383%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 287.42kcal (14.37%), Fat: 22.11g (34.01%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 14.3g (5.2%), Sugar: 9.47g (10.52%), Cholesterol: 29.56mg (9.85%), Sodium: 341.8mg (14.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.85%), Vitamin K: 60.64µg (57.75%), Potassium: 981.81mg (28.05%), Vitamin B6: 0.43mg (21.58%), Zinc: 2.67mg (17.78%), Phosphorus: 174.38mg (17.44%), Copper: 0.34mg (17.25%), Calcium: 152.98mg (15.3%), Vitamin B2: 0.18mg (10.48%), Selenium: 5.74µg (8.21%), Vitamin C: 6.45mg (7.82%), Vitamin B12: 0.44µg (7.4%), Vitamin A: 366.09IU (7.32%), Vitamin E: 1.1mg (7.31%), Iron: 1.18mg (6.54%), Folate: 22.96µg (5.74%), Fiber: 1.08g (4.33%), Magnesium: 13.47mg (3.37%), Vitamin B1: 0.04mg (2.77%), Vitamin B3: 0.55mg (2.73%), Manganese: 0.03mg (1.59%), Vitamin B5: 0.11mg (1.1%)