



Hot Artichoke and Red Pepper Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 3 Tbsp grey poupon dijon mustard
- 2 green onions sliced
- 1 cup miracle whip dressing
- 7 oz roasted peppers red drained chopped
- 0.3 cup mozzarella cheese shredded kraft

Equipment

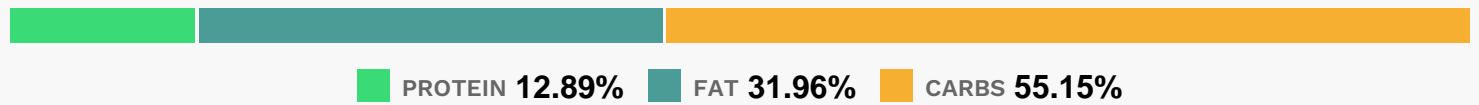
- bowl

oven

Directions

- Heat oven to 400F.
- Mix dressing and mustard in medium bowl until blended.
- Add artichokes, peppers and onions; mix well.
- Spoon into 1-qt. casserole sprayed with cooking spray; top with cheese.
- Bake 6 to 8 min. or until dip is heated through and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:4.55, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.179130445194%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 24.43kcal (1.22%), Fat: 0.87g (1.34%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.55g (1.72%), Cholesterol: 2.62mg (0.87%), Sodium: 346.23mg (15.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 4.85mg (5.88%), Fiber: 0.79g (3.18%), Vitamin K: 2.56µg (2.44%), Vitamin A: 86.57IU (1.73%), Calcium: 16.54mg (1.65%), Selenium: 1.12µg (1.6%), Manganese: 0.03mg (1.39%), Phosphorus: 12.1mg (1.21%), Vitamin B6: 0.02mg (1.03%)