



Hot Artichoke-Cheese Dip

READY IN



45 min.

SERVINGS



12

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 ounce baguette toasted
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 12 ounces artichoke hearts frozen thawed drained
- ☐ 2 garlic cloves
- ☐ 1 green onion cut into pieces
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 1.5 ounces parmigiano-reggiano cheese divided grated

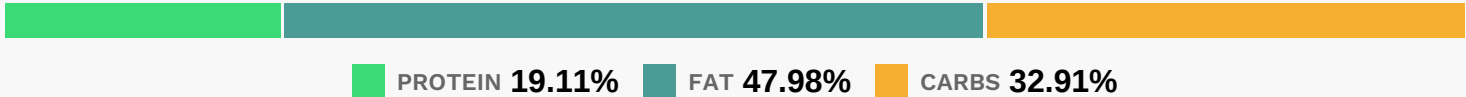
Equipment

- ☐ food processor
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place garlic and onion in a food processor; process until finely chopped.
- ☐ Add 1/4 cup Parmigiano-Reggiano and next 4 ingredients (through pepper); process until almost smooth.
- ☐ Add artichoke hearts; pulse until artichoke hearts are coarsely chopped. Spoon mixture into a 3-cup gratin dish coated with cooking spray; sprinkle evenly with remaining Parmigiano-Reggiano.
- ☐ Bake at 400 for 15 minutes or until thoroughly heated and bubbly.
- ☐ Serve hot with baguette.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:2.624782598213%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 43.99kcal (2.2%), Fat: 2.46g (3.79%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.37g (0.41%), Cholesterol: 3.41mg (1.14%), Sodium: 129.79mg (5.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Folate: 38.4µg (9.6%), Vitamin K: 5.56µg (5.29%), Calcium: 50.79mg (5.08%), Fiber: 1.19g (4.74%), Phosphorus: 44.45mg (4.45%), Manganese: 0.09mg (4.32%),

Vitamin B2: 0.06mg (3.36%), Vitamin C: 2.33mg (2.82%), Magnesium: 10.11mg (2.53%), Potassium: 83.83mg (2.4%),
Vitamin A: 98.13IU (1.96%), Selenium: 1.31µg (1.87%), Vitamin B1: 0.03mg (1.81%), Vitamin B6: 0.04mg (1.8%), Vitamin
B3: 0.32mg (1.61%), Zinc: 0.21mg (1.43%), Iron: 0.25mg (1.4%), Vitamin E: 0.17mg (1.14%), Copper: 0.02mg (1.1%)