



Hot Artichoke Dip

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 1 clove garlic minced
- 1 cup miracle whip dressing kraft
- 1 cup parmesan cheese grated kraft

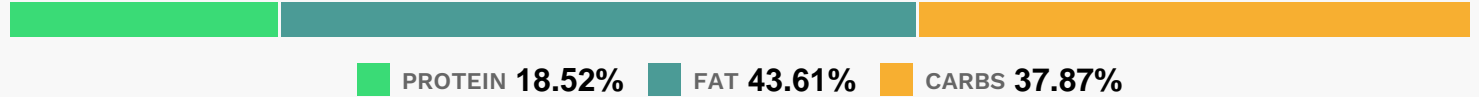
Equipment

- oven

Directions

- Heat oven to 350F.
- Mix ingredients until blended.
- Spread onto bottom of 9-inch pie plate.
- Bake 20 to 25 min. or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:0.86, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.49434782046339%

Nutrients (% of daily need)

Calories: 20.89kcal (1.04%), Fat: 1g (1.53%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.84g (0.93%), Cholesterol: 3.14mg (1.05%), Sodium: 149.3mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Calcium: 25.85mg (2.58%), Phosphorus: 18.61mg (1.86%), Selenium: 1.01µg (1.45%), Fiber: 0.31g (1.26%)