



Hot Artichoke Dip

READY IN



15 min.

SERVINGS



24

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup salad dressing
- 0.5 cup parmesan cheese grated
- 0.3 cup spring onion chopped
- 14 oz artichoke hearts drained cut into small pieces canned
- 1 serving cocktail rye bread

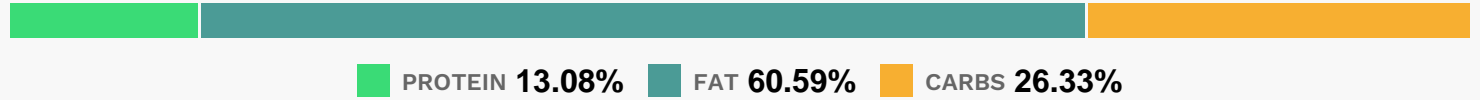
Equipment

- microwave

Directions

- In ungreased 1-quart microwavable casserole, mix all ingredients except crackers.
- Cover tightly; microwave on Medium-High (70%) 4 to 5 minutes, stirring after 2 minutes, until hot.
- Serve warm with crackers.

Nutrition Facts



Properties

Glycemic Index:3.51, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.6882608646284%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 24.78kcal (1.24%), Fat: 1.62g (2.49%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.68g (0.76%), Cholesterol: 1.81mg (0.6%), Sodium: 146.55mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Vitamin K: 4.93µg (4.7%), Calcium: 19.83mg (1.98%), Phosphorus: 14.38mg (1.44%), Selenium: 0.85µg (1.21%), Fiber: 0.28g (1.14%)