



Hot Artichoke Dip

READY IN



15 min.

SERVINGS



24

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

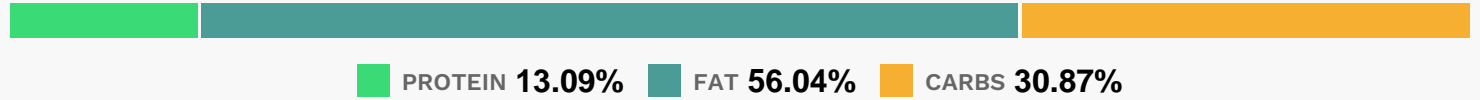
Equipment

- 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:0.24, Inflammation Score:-1, Nutrition Score:0.8073913079241%

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: 27.26kcal (1.36%), Fat: 1.65g (2.54%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.72g (0.8%), Cholesterol: 1.81mg (0.6%), Sodium: 152.33mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin K: 4.95µg (4.71%), Calcium: 20.53mg (2.05%), Selenium: 1.14µg (1.63%), Phosphorus: 15.58mg (1.56%), Fiber: 0.34g (1.36%)