



Hot Artichoke Dip

 **Gluten Free**

READY IN



105 min.

SERVINGS



5

CALORIES



705 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce artichoke hearts drained chopped canned
- 8 ounce chiles green drained chopped canned
- 1.5 cups mayonnaise
- 8 ounce monterrey jack cheese shredded
- 0.5 cup parmesan cheese divided grated
- 4 ounce pimientos drained chopped

Equipment

- bowl

oven

Directions

- In an oven safe bowl, combine artichoke hearts, chile peppers, pimento peppers, mayonnaise, Monterey Jack cheese and almost all of the Parmesan cheese; sprinkle remaining Parmesan cheese on top. Refrigerate for 1 hour.
- Preheat oven to 350 degrees F (175 degrees C).
- Bake in preheated oven for 30 minutes, or until lightly browned.

Nutrition Facts

 **PROTEIN 9.13%**  **FAT 85.79%**  **CARBS 5.08%**

Properties

Glycemic Index:24.4, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:16.403478280358%

Nutrients (% of daily need)

Calories: 705.06kcal (35.25%), Fat: 67.02g (103.1%), Saturated Fat: 18.1g (113.13%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 6.24g (2.27%), Sugar: 2.07g (2.3%), Cholesterol: 77.29mg (25.76%), Sodium: 1392.77mg (60.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.05g (32.1%), Vitamin K: 113.15µg (107.77%), Vitamin C: 39.1mg (47.39%), Calcium: 450.07mg (45.01%), Phosphorus: 288.66mg (28.87%), Vitamin A: 1138.29IU (22.77%), Vitamin E: 2.56mg (17.09%), Selenium: 11.8µg (16.86%), Vitamin B2: 0.25mg (14.96%), Zinc: 1.99mg (13.25%), Fiber: 2.69g (10.76%), Vitamin B12: 0.59µg (9.87%), Folate: 38.21µg (9.55%), Iron: 1.58mg (8.8%), Vitamin B6: 0.16mg (8.17%), Magnesium: 19.82mg (4.96%), Potassium: 163.61mg (4.67%), Vitamin D: 0.46µg (3.04%), Vitamin B5: 0.28mg (2.84%), Vitamin B3: 0.51mg (2.53%), Copper: 0.04mg (2.24%), Manganese: 0.04mg (1.95%), Vitamin B1: 0.03mg (1.7%)