

Hot Artichoke Dip

 Gluten Free

READY IN



35 min.

SERVINGS



32

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 2 tablespoons spring onion thinly sliced
- 0.3 cup cup heavy whipping cream
- 0.7 cup mayonnaise
- 0.7 cup parmesan
- 1 tablespoon pimientos chopped

Equipment

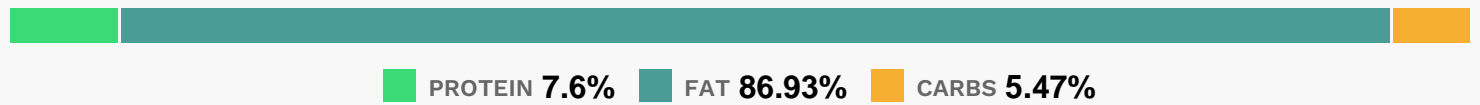
- oven

baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Lightly grease a medium baking dish.
- Blend together the cheese, mayonnaise and whipping cream. Stir in the artichokes, green onions and pimentos.
- Mix well, and transfer to the prepared baking dish.
- Bake 25 minutes in the preheated oven, until lightly browned.

Nutrition Facts



Properties

Glycemic Index:4.81, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.9465217611388%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 51.44kcal (2.57%), Fat: 4.93g (7.58%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.24g (0.26%), Cholesterol: 6.18mg (2.06%), Sodium: 109.61mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin K: 8.55µg (8.14%), Calcium: 26.98mg (2.7%), Phosphorus: 17.11mg (1.71%), Vitamin A: 71.93IU (1.44%), Vitamin E: 0.19mg (1.24%)