



Hot Artichoke Dip

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 12 ounces artichoke hearts frozen thawed
- ☐ 2 garlic clove
- ☐ 1 spring onion chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 cup parmesan cheese grated

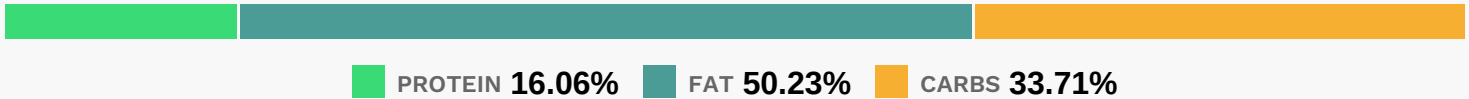
Equipment

- ☐ food processor
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place garlic cloves and chopped green onion in a food processor; process until chopped.
- ☐ Add Parmesan, mayonnaise, cream cheese, lemon juice, and crushed red pepper; process until almost smooth. Stir in artichoke hearts. Spoon mixture into a 3-cup gratin dish coated with cooking spray.
- ☐ Bake at 400 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:4.7752174009448%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 77.47kcal (3.87%), Fat: 4.59g (7.06%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 4.61g (1.68%), Sugar: 0.57g (0.64%), Cholesterol: 6.82mg (2.27%), Sodium: 228.67mg (9.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Folate: 74.11µg (18.53%), Vitamin K: 11.02µg (10.5%), Fiber: 2.32g (9.28%), Manganese: 0.17mg (8.25%), Phosphorus: 72.69mg (7.27%), Calcium: 64.31mg (6.43%), Vitamin B2: 0.1mg (6.02%), Vitamin C: 4.66mg (5.65%), Potassium: 168.42mg (4.81%), Magnesium: 18.43mg (4.61%), Vitamin A: 188.97IU (3.78%), Selenium: 2.55µg (3.65%), Vitamin B6: 0.07mg (3.39%), Zinc: 0.45mg (3.03%), Vitamin B1: 0.04mg (2.62%), Vitamin B3: 0.52mg (2.61%), Vitamin E: 0.35mg (2.32%), Iron: 0.39mg (2.16%), Copper: 0.04mg (2.05%), Vitamin B5: 0.14mg (1.43%), Vitamin B12: 0.08µg (1.25%)