



Hot Artichoke Dip

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce artichoke hearts divided rinsed drained canned
- ☐ 15.5 ounce great northern beans rinsed drained canned
- ☐ 2 tablespoons parsley fresh divided chopped
- ☐ 3 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 4 ounces parmesan fresh divided grated

☐ 0.5 teaspoon salt

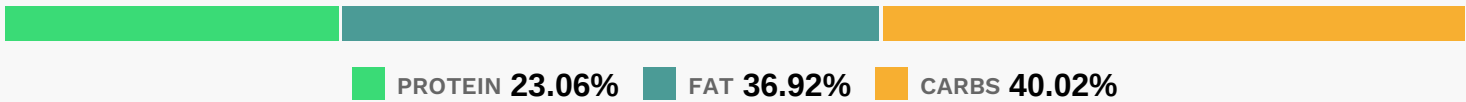
Equipment

- ☐ food processor
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 4 ingredients in a food processor; add 1 can of artichokes and beans. Process until smooth.
- ☐ Add remaining can of artichokes, 3/4 cup of Parmigiano-Reggiano cheese, 1 tablespoon parsley, and garlic. Pulse 20 times or until artichokes are coarsely chopped.
- ☐ Spoon mixture into an 8-inch square baking dish coated with cooking spray; sprinkle top with remaining 1/4 cup of Parmigiano-Reggiano cheese and remaining 1 tablespoon parsley.
- ☐ Bake at 400 for 25 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:7.42, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:5.2639130276182%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 123.53kcal (6.18%), Fat: 4.99g (7.68%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 9.33g (3.39%), Sugar: 0.87g (0.97%), Cholesterol: 10.78mg (3.59%), Sodium: 553.91mg (24.08%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.03%), Calcium: 147.59mg (14.76%), Vitamin K: 14.5µg (13.81%), Phosphorus: 124.75mg (12.48%), Fiber: 2.85g (11.42%), Manganese: 0.17mg (8.29%), Folate: 32.91µg (8.23%), Magnesium: 24.51mg (6.13%), Selenium: 4.2µg (5.99%), Potassium: 167.48mg (4.79%), Vitamin B1: 0.06mg (4.18%), Iron: 0.72mg (4.02%), Vitamin B2: 0.07mg (3.91%), Zinc: 0.57mg (3.78%), Copper: 0.07mg (3.39%), Vitamin A: 165.89IU (3.32%), Vitamin B6: 0.06mg (3%), Vitamin C: 2.17mg (2.63%), Vitamin B12: 0.15µg (2.56%), Vitamin B5: 0.16mg (1.57%), Vitamin E: 0.19mg (1.29%), Vitamin B3: 0.22mg (1.08%)