



Hot Artichoke Dip with Green Chiles

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



502 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce chile peppers green chopped canned
- ☐ 1 clove garlic minced
- ☐ 3 green onions chopped
- ☐ 14 ounce marinated artichoke hearts drained chopped canned
- ☐ 1 cup parmesan cheese grated
- ☐ 16 ounce creamy salad dressing
- ☐ 1 tomatoes chopped

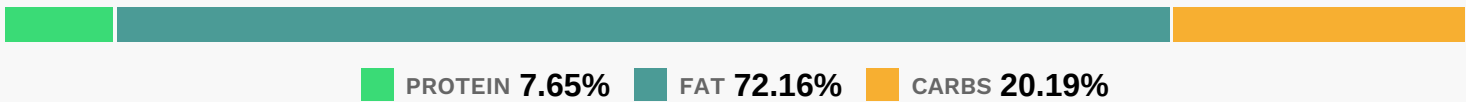
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, mix the creamy salad dressing, garlic, Parmesan cheese, green chile peppers and artichoke hearts.
- ☐ Transfer the mixture to a small baking dish.
- ☐ Bake uncovered in the preheated oven 30 minutes, or until bubbly and lightly brown.
- ☐ Garnish with green onions and tomato.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:14.274782494358%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 502.04kcal (25.1%), Fat: 40.02g (61.56%), Saturated Fat: 8.23g (51.45%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 22.11g (8.04%), Sugar: 14.28g (15.87%), Cholesterol: 21.75mg (7.25%), Sodium: 2056.24mg (89.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.09%), Vitamin K: 85µg (80.95%), Vitamin C: 37.12mg (45%), Vitamin A: 1630.97IU (32.62%), Calcium: 276.7mg (27.67%), Phosphorus: 190.49mg (19.05%), Vitamin E: 2.83mg (18.85%), Selenium: 11.26µg (16.09%), Fiber: 3.09g (12.34%), Iron: 1.73mg (9.6%), Zinc: 1.28mg (8.56%), Vitamin B6: 0.17mg (8.31%), Potassium: 274.01mg (7.83%), Folate: 27.2µg (6.8%), Vitamin B2: 0.11mg (6.39%), Manganese: 0.12mg (5.92%), Vitamin B12: 0.34µg (5.63%), Magnesium: 20.92mg (5.23%), Vitamin B1: 0.05mg (3.34%), Copper: 0.06mg (2.97%), Vitamin B3: 0.58mg (2.9%), Vitamin B5: 0.14mg (1.44%)