



Hot Artichoke Dip with Sun-Dried Tomatoes

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained canned
- ☐ 1 teaspoon garlic powder
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon paprika
- ☐ 1 cup parmesan cheese
- ☐ 2 tablespoons sun-dried tomatoes chopped

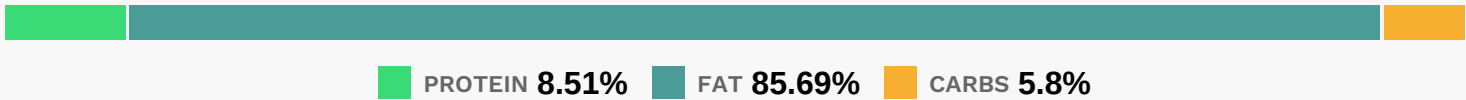
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8-inch baking dish.
- ☐ In a medium bowl, mix together the Parmesan cheese, mayonnaise, and garlic powder. Stir in the artichokes, green onions, and sun-dried tomatoes.
- ☐ Mix well, and transfer to the prepared baking dish.
- ☐ Bake in a preheated oven until lightly browned, about 25 minutes.
- ☐ Sprinkle with paprika, and serve.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:3.5230434174123%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 171kcal (8.55%), Fat: 16.17g (24.87%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 1.74g (0.63%), Sugar: 0.79g (0.88%), Cholesterol: 13.51mg (4.5%), Sodium: 375.47mg (16.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.23%), Vitamin K: 33.13µg (31.55%), Calcium: 102.38mg (10.24%), Phosphorus: 66.65mg (6.66%), Vitamin E: 0.69mg (4.58%), Vitamin A: 176.56IU (3.53%), Selenium: 2.43µg (3.47%), Fiber: 0.72g (2.87%), Vitamin B2: 0.04mg (2.26%), Vitamin B12: 0.12µg (2.04%), Zinc: 0.29mg (1.95%), Magnesium: 6.16mg (1.54%), Potassium: 49.53mg (1.42%), Iron: 0.25mg (1.37%), Manganese: 0.03mg (1.25%), Copper: 0.02mg (1.07%), Vitamin B6: 0.02mg (1.01%)