



Hot Artichoke Parmesan Dip

 **Gluten Free**

READY IN



35 min.

SERVINGS



16

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce artichoke hearts in water canned
- 8 ounce cream cheese softened
- 16 servings salt and ground pepper black to taste
- 1 cup mayonnaise
- 1.5 cups parmesan cheese grated

Equipment

- oven
- baking pan

stand mixer

Directions

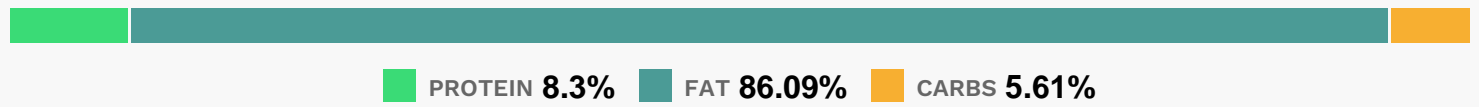
Preheat oven to 250 degrees F (120 degrees C).

Mix 1 1/2 cups Parmesan cheese, cream cheese, artichoke hearts, mayonnaise, salt, and pepper together in a stand mixer; pour into an 8-inch square baking dish.

Sprinkle 1 tablespoon Parmesan cheese over the top of the mixture.

Bake in preheated oven until bubbly and golden brown on top, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:6.81, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:3.3204347484786%

Nutrients (% of daily need)

Calories: 187.8kcal (9.39%), Fat: 17.98g (27.66%), Saturated Fat: 5.96g (37.22%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.73g (0.81%), Cholesterol: 28.35mg (9.45%), Sodium: 349.83mg (15.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin K: 23.44µg (22.32%), Calcium: 98.19mg (9.82%), Phosphorus: 77.7mg (7.77%), Selenium: 4.83µg (6.9%), Vitamin A: 281.11IU (5.62%), Vitamin E: 0.63mg (4.2%), Vitamin B2: 0.07mg (3.99%), Zinc: 0.5mg (3.33%), Vitamin B12: 0.17µg (2.91%), Vitamin B5: 0.14mg (1.37%), Magnesium: 4.87mg (1.22%), Manganese: 0.02mg (1.16%), Potassium: 40.09mg (1.15%)