Hot Artichoke Parmesan Dip

Gluten Free

READY IN	SERVINGS	CALORIES
ready	servings	calories
35 min.	16	150 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 tablespoon parmesan cheese grated to taste

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

PROTEIN **3.25%** FAT **92.72%** CARBS **4.03%**

Properties

Glycemic Index:6.81, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:2.006956545879%

Nutrients (% of daily need)

Calories: 149.65kcal (7.48%), Fat: 15.44g (23.75%), Saturated Fat: 4.55g (28.44%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.27g (0.46%), Sugar: 0.72g (0.8%), Cholesterol: 20.47mg (6.82%), Sodium: 191.24mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin K: 23.29µg (22.18%), Vitamin A: 202.72IU (4.05%), Vitamin E: 0.58mg (3.89%), Selenium: 1.66µg (2.36%), Vitamin B2: 0.04mg (2.15%), Phosphorus: 20.25mg (2.02%), Calcium: 18.08mg (1.81%), Vitamin B5: 0.11mg (1.07%)