



Hot Cheesy Artichoke Dip

READY IN



15 min.

SERVINGS



22

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup milk
- 0.8 cup artichoke hearts canned drained chopped
- 1 slice oz. bacon into pieces crumbled cooked
- 4 teaspoons flour all-purpose
- 2 teaspoons dijon mustard
- 0.3 teaspoon garlic powder
- 0.1 teaspoon pepper
- 6 oz cheddar cheese shredded
- 1 loaf cheese cubed (8 oz. box)

1 slices roasted-garlic bagel chips french

Equipment

sauce pan

pot

Directions

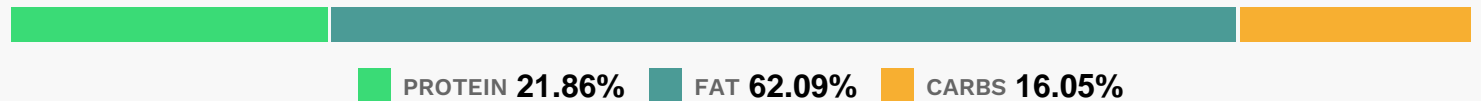
In 2-quart saucepan, mix milk, artichoke hearts, bacon, flour, mustard, garlic powder and pepper. Cook over medium-low heat 4 to 6 minutes, stirring constantly, until hot and thickened, but not boiling.

Gradually stir in cheeses. Cook about 2 minutes, stirring constantly, until cheeses are melted.

Transfer mixture to fondue pot. Adjust flame or heat so mixture stays hot but does not boil.

Serve warm with baguette bread slices.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:1.4630434662104%

Nutrients (% of daily need)

Calories: 44.66kcal (2.23%), Fat: 3.04g (4.67%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.71g (0.79%), Cholesterol: 9.17mg (3.06%), Sodium: 128.56mg (5.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.81%), Calcium: 69.04mg (6.9%), Phosphorus: 47.86mg (4.79%), Selenium: 2.7µg (3.85%), Vitamin B2: 0.05mg (3.05%), Vitamin B12: 0.14µg (2.37%), Zinc: 0.34mg (2.25%), Vitamin A: 96.28IU (1.93%), Fiber: 0.31g (1.26%), Vitamin D: 0.17µg (1.12%)