



Hot Feta, Artichoke and Roasted Red Pepper Dip

 Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 13.8 ounce artichoke hearts drained chopped canned
- ☐ 2 cups feta cheese crumbled
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup parmesan cheese grated
- ☐ 7 ounce roasted peppers red drained chopped

Equipment

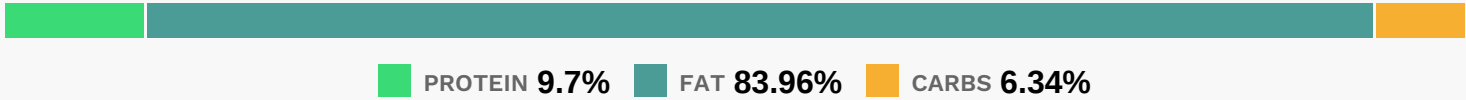
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix together the artichokes, peppers, feta, mayonnaise, and Parmesan cheese in a bowl; spread into the bottom of a shallow baking dish.
- ☐ Bake in preheated oven until bubbling on top, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:7.5126086628955%

Nutrients (% of daily need)

Calories: 265.44kcal (13.27%), Fat: 24.66g (37.95%), Saturated Fat: 7.39g (46.22%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.35g (1.22%), Sugar: 0.43g (0.48%), Cholesterol: 40.46mg (13.49%), Sodium: 987.34mg (42.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.83%), Vitamin K: 37.14µg (35.37%), Calcium: 202.03mg (20.2%), Vitamin B2: 0.28mg (16.51%), Phosphorus: 141.47mg (14.15%), Vitamin C: 9.23mg (11.19%), Vitamin B12: 0.6µg (10.02%), Selenium: 6.82µg (9.75%), Vitamin B6: 0.17mg (8.42%), Zinc: 1.15mg (7.67%), Vitamin A: 287.6IU (5.75%), Vitamin E: 0.81mg (5.43%), Vitamin B1: 0.05mg (3.65%), Folate: 14.2µg (3.55%), Vitamin B5: 0.35mg (3.52%), Fiber: 0.84g (3.35%), Magnesium: 9.86mg (2.46%), Iron: 0.42mg (2.35%), Manganese: 0.05mg (2.3%), Copper: 0.04mg (2.08%), Vitamin B3: 0.41mg (2.05%), Potassium: 61.25mg (1.75%), Vitamin D: 0.19µg (1.27%)