



Hot Feta Artichoke Dip

 Gluten Free

READY IN



35 min.

SERVINGS



24

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 8 oz athenos feta cheese crumbled traditional
- 1 clove garlic minced
- 1 cup real mayo mayonnaise kraft
- 0.5 cup parmesan cheese shredded kraft
- 2 oz pimentos diced drained

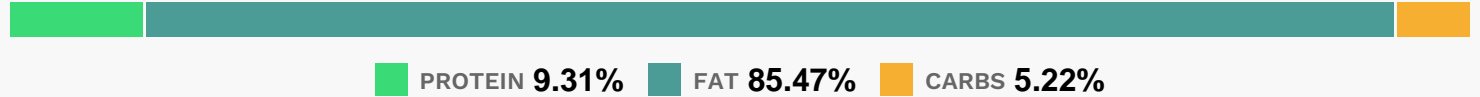
Equipment

- oven

Directions

- Heat oven to 350F.
- Combine ingredients.
- Spoon into 9-inch pie plate.
- Bake 20 to 25 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:7.46, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:2.5956521526627%

Nutrients (% of daily need)

Calories: 101.34kcal (5.07%), Fat: 9.56g (14.71%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1g (0.36%), Sugar: 0.28g (0.31%), Cholesterol: 13.75mg (4.58%), Sodium: 261.85mg (11.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Vitamin K: 15.66µg (14.92%), Calcium: 72.39mg (7.24%), Vitamin B2: 0.09mg (5.31%), Phosphorus: 48.95mg (4.9%), Vitamin B12: 0.2µg (3.27%), Selenium: 2.12µg (3.03%), Vitamin C: 2.5mg (3.03%), Vitamin B6: 0.05mg (2.52%), Vitamin A: 124.95IU (2.5%), Zinc: 0.35mg (2.34%), Vitamin E: 0.35mg (2.32%), Fiber: 0.31g (1.25%), Vitamin B5: 0.12mg (1.18%), Vitamin B1: 0.02mg (1.14%)