



Hot Parmesan-Artichoke Dip

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 1 clove garlic minced
- 1 green onion sliced
- 1 cup real mayo mayonnaise kraft
- 1 cup parmesan cheese grated kraft
- 2 Tbsp tomatoes chopped

Equipment

- oven

Directions

- Heat oven to 350F.
- Combine first 4 ingredients.
- Spoon into shallow casserole sprayed with cooking spray.
- Bake 20 to 25 min. or until heated through.
- Top with tomatoes and onions.

Nutrition Facts

 **PROTEIN 6.99%**  **FAT 86.71%**  **CARBS 6.3%**

Properties

Glycemic Index:4.29, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.0873913183484%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 58.56kcal (2.93%), Fat: 5.59g (8.6%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 0.91g (0.3%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.16g (0.17%), Cholesterol: 5.17mg (1.72%), Sodium: 132.62mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Vitamin K: 11.26µg (10.72%), Calcium: 26.26mg (2.63%), Phosphorus: 19.92mg (1.99%), Selenium: 1.16µg (1.66%), Vitamin E: 0.23mg (1.54%)