



## Kubo's Vegan Artichoke Dip

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



8

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 artichoke heart whole trimmed
- 1 clove garlic chopped
- 1 pinch lemon pepper seasoning to taste
- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 1 pinch salt
- 1 cup vegan cheese shredded mozzarella-style daiya® (such as )
- 1 cup veganaise follow your heart® veganaise® (such as )

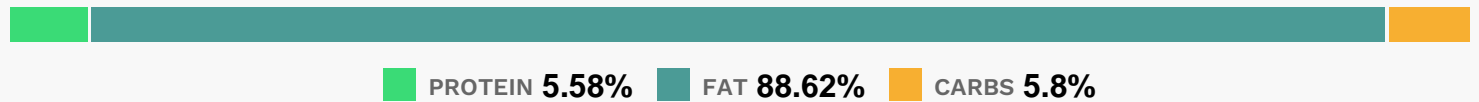
## Equipment

- bowl
- sauce pan
- pot
- blender

## Directions

- Bring a pot of lightly salted water to a boil; add artichoke heart. Cover pot and cook artichoke until tender and leaves pull off easily with a fork, about 45 minutes. Run artichoke under cold water and remove and refrigerate all the leaves. Scoop and discard the hairy part of artichoke heart.
- Heat olive oil in small saucepan over medium heat; cook and stir onion and garlic until onion is translucent, 5 to 10 minutes.
- Blend artichoke heart, onion mixture, vegan mayonnaise, mozzarella-style vegan cheese, salt, and lemon pepper in a blender until almost smooth.
- Transfer dip to a bowl and refrigerate for flavors to blend, about 1 hour.
- Serve dip with artichoke leaves.

## Nutrition Facts



## Properties

Glycemic Index:14.5, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:1.790869563818%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 242.15kcal (12.11%), Fat: 22.9g (35.22%), Saturated Fat: 4.08g (25.47%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 3.18g (1.16%), Sugar: 0.57g (0.64%), Cholesterol: 11.06mg (3.69%), Sodium: 253.06mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Calcium: 73.78mg (7.38%), Vitamin B12: 0.32µg (5.32%),

Phosphorus: 53.13mg (5.31%), Selenium: 2.48µg (3.55%), Zinc: 0.43mg (2.87%), Vitamin B2: 0.04mg (2.53%),  
Vitamin A: 95.13IU (1.9%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.44µg (1.37%), Manganese: 0.03mg (1.26%), Vitamin  
B6: 0.02mg (1.1%), Vitamin C: 0.86mg (1.05%)