



Layered Hot Artichoke & Feta Dip

 Gluten Free

READY IN



35 min.

SERVINGS



24

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 2 cloves garlic minced
- 2 Tbsp kalamata olives chopped
- 8 oz philadelphia neufchatel cheese softened
- 1 cup orange and peppers mixed yellow divided chopped
- 0.3 cup parmesan cheese grated kraft
- 3.5 oz athenos reduced fat feta cheese divided crumbled

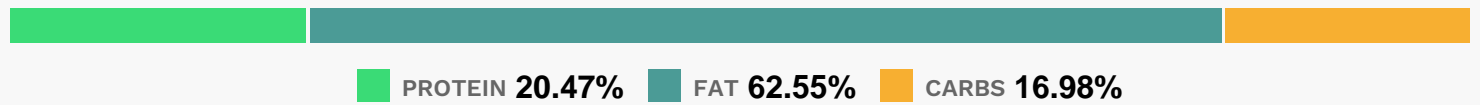
Equipment

oven

Directions

- Heat oven to 350F.
- Reserve 1/4 cup feta.
- Combine remaining feta with next 4 ingredients. Stir in 1/2 cup peppers.
- Spoon into 3-cup ovenproof dish; top with remaining peppers and feta.
- Bake 20 min. or until heated through; top with olives.

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:1.4652173777475%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 43.92kcal (2.2%), Fat: 3.08g (4.74%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.84g (0.94%), Cholesterol: 10.11mg (3.37%), Sodium: 158.46mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin C: 8.02mg (9.73%), Vitamin A: 285.51IU (5.71%), Phosphorus: 21.67mg (2.17%), Calcium: 21.5mg (2.15%), Fiber: 0.41g (1.65%), Vitamin B2: 0.02mg (1.4%), Vitamin B6: 0.03mg (1.3%), Vitamin E: 0.17mg (1.11%), Folate: 4.27µg (1.07%)