



Lite Cheesy Artichoke Dip

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained coarsely chopped canned
- 1 cup cream light sour
- 0.5 cup mayonnaise light
- 0.5 cup parmesan cheese grated
- 2 tablespoons spring onion sliced
- 0.5 teaspoon garlic powder
- 1 Dash hot sauce hot

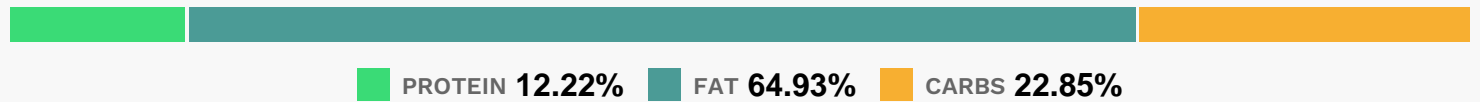
Equipment

- bowl
- oven
- pie form

Directions

- Heat oven to 350°F. In medium bowl, combine all ingredients; mix well.
- Spread in ungreased 9-inch quiche dish, glass pie pan or shallow 1-quart casserole.
- Bake at 350°F. for 18 to 24 minutes or until thoroughly heated.
- Serve warm with fresh vegetable dippers or crackers. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.93, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.53260869192688%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 22.26kcal (1.11%), Fat: 1.58g (2.43%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.2g (0.22%), Cholesterol: 3.55mg (1.18%), Sodium: 86.58mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin K: 2.17µg (2.07%), Calcium: 19.57mg (1.96%), Phosphorus: 12.69mg (1.27%)