



## Parmesan Artichoke Spread

READY IN



25 min.

SERVINGS



16

CALORIES



278 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- ☐ 28 ounce artichoke hearts drained chopped canned
- ☐ 3 cloves garlic minced
- ☐ 1 cup mayonnaise
- ☐ 16 servings paprika
- ☐ 1 cup parmesan cheese grated
- ☐ 16 servings keebler® town house toppers® wheat crackers

### Equipment

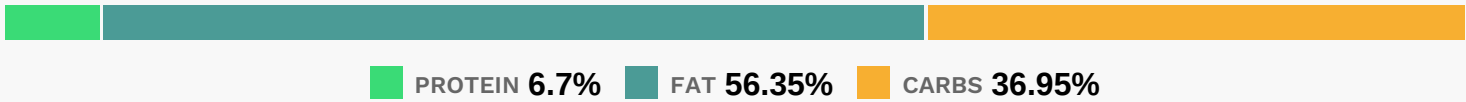
- ☐ bowl

☐ oven

## Directions

- ☐ In medium bowl combine artichokes, mayonnaise, cheese and garlic.
- ☐ Spread in lightly greased 1 1/2-quart casserole.
- ☐ Sprinkle with paprika.
- ☐ Bake at 350 degrees F for 20 minutes or until brown and bubbly.
- ☐ Serve hot with crackers.

## Nutrition Facts



## Properties

Glycemic Index:5.94, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:4.7643478286007%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 277.7kcal (13.89%), Fat: 17.44g (26.83%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 22.27g (8.1%), Sugar: 4.62g (5.13%), Cholesterol: 11.32mg (3.77%), Sodium: 609.83mg (26.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Vitamin K: 24.54µg (23.37%), Vitamin A: 1048.29IU (20.97%), Fiber: 3.46g (13.83%), Calcium: 80.57mg (8.06%), Vitamin E: 1.07mg (7.16%), Iron: 1.22mg (6.75%), Phosphorus: 49.71mg (4.97%), Selenium: 2.72µg (3.88%), Vitamin B2: 0.05mg (2.91%), Vitamin B6: 0.06mg (2.8%), Zinc: 0.38mg (2.57%), Manganese: 0.05mg (2.37%), Potassium: 62.16mg (1.78%), Vitamin B12: 0.1µg (1.69%), Magnesium: 6.03mg (1.51%), Copper: 0.02mg (1.06%), Vitamin B3: 0.21mg (1.05%)