



Quick Artichoke Dip

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce artichoke hearts drained quartered canned
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.6 ounce dressing mix italian

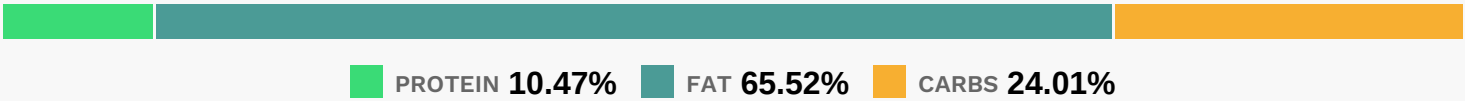
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Process first 3 ingredients in a food processor until blended, stopping to scrape down sides.
- ☐ Add artichokes and cheese, pulsing 5 to 7 times or just until artichokes are coarsely chopped.
- ☐ Spoon mixture into a serving bowl; cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.6143478317105%

Nutrients (% of daily need)

Calories: 83.31kcal (4.17%), Fat: 5.89g (9.06%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 3.98g (1.45%), Sugar: 1.22g (1.36%), Cholesterol: 9.4mg (3.13%), Sodium: 408.24mg (17.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin K: 8.83µg (8.41%), Calcium: 58.39mg (5.84%), Fiber: 0.87g (3.49%), Phosphorus: 34.31mg (3.43%), Vitamin E: 0.4mg (2.69%), Selenium: 1.56µg (2.22%), Vitamin A: 82.12IU (1.64%), Vitamin B12: 0.1µg (1.63%), Vitamin B2: 0.03mg (1.62%), Potassium: 39.48mg (1.13%), Zinc: 0.17mg (1.13%)