



Shrimp Artichoke Dip



Gluten Free

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READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

494 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained canned
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 cup green onions chopped
- ☐ 0.5 cup mayonnaise
- ☐ 4 servings paprika for garnish
- ☐ 1 cup parmesan cheese grated
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup shrimp cooked peeled

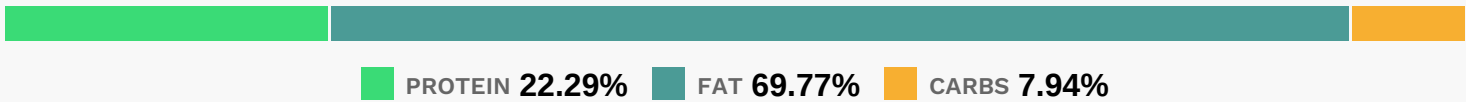
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium baking dish, mix together Cheddar cheese, Parmesan cheese, artichoke hearts, green onions, garlic salt, mayonnaise and shrimp.
- ☐ Sprinkle with paprika.
- ☐ Bake in the preheated oven 20 minutes, or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:15.403478290724%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 493.73kcal (24.69%), Fat: 38.13g (58.66%), Saturated Fat: 12.68g (79.26%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 7.22g (2.62%), Sugar: 1.53g (1.7%), Cholesterol: 156.99mg (52.33%), Sodium: 1530.85mg (66.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.42g (54.83%), Vitamin K: 74.22µg (70.69%), Calcium: 474.58mg (47.46%), Phosphorus: 431.24mg (43.12%), Vitamin A: 1627.22IU (32.54%), Selenium: 17.59µg (25.13%), Zinc: 3.09mg (20.6%), Vitamin B2: 0.25mg (14.75%), Copper: 0.28mg (14.04%), Vitamin E: 1.91mg (12.72%), Vitamin B12: 0.67µg (11.18%), Magnesium: 43.43mg (10.86%), Fiber: 2.55g (10.2%), Potassium: 309.66mg (8.85%), Iron: 1.13mg (6.3%), Manganese: 0.1mg (4.91%), Vitamin B6: 0.09mg (4.62%), Folate: 17.81µg (4.45%), Vitamin B5: 0.31mg (3.06%), Vitamin C: 2.37mg (2.87%), Vitamin D: 0.35µg (2.34%), Vitamin B1: 0.03mg (2.08%), Vitamin B3: 0.3mg (1.51%)