



## Simple Artichoke Dip

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 1 cup mayonnaise
- 1 cup parmesan cheese grated

### Equipment

- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Combine the artichoke hearts, mayonnaise and Parmesan cheese and mix well.
- Spread mixture in a 9x13-inch baking dish and bake in the preheated oven for 15 to 20 minutes, or until bubbly and golden brown.

## Nutrition Facts

**PROTEIN 6.91%** **FAT 87.34%** **CARBS 5.75%**

## Properties

Glycemic Index:6.25, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:4.3452173427719%

## Nutrients (% of daily need)

Calories: 254.48kcal (12.72%), Fat: 24.44g (37.61%), Saturated Fat: 5.21g (32.58%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 2.86g (1.04%), Sugar: 0.55g (0.61%), Cholesterol: 22.64mg (7.55%), Sodium: 579.73mg (25.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Vitamin K: 45.85µg (43.67%), Calcium: 112.74mg (11.27%), Phosphorus: 85.13mg (8.51%), Selenium: 5.02µg (7.17%), Vitamin E: 0.98mg (6.55%), Zinc: 0.58mg (3.89%), Vitamin B12: 0.2µg (3.37%), Fiber: 0.76g (3.06%), Vitamin B2: 0.05mg (2.85%), Vitamin A: 126.32IU (2.53%), Magnesium: 4.66mg (1.16%)