



Slow-Cooker Caesar Artichoke Dip

 Gluten Free

READY IN



135 min.

SERVINGS



20

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained coarsely chopped quartered canned
- 8 oz cream cheese cut into cubes
- 0.5 cup caesar dressing
- 3 oz parmesan shredded
- 0.3 cup spring onion chopped (4 medium)
- 1 Dash hot sauce red
- 1 serving spring onion chopped
- 1 serving bell pepper red finely chopped

Equipment

- baking sheet
- oven
- wire rack
- aluminum foil
- slow cooker

Directions

- Spray inside of 1- to 1 1/2-quart slow cooker with cooking spray. In slow cooker, mix all ingredients except bread slices, additional green onions and bell pepper.
- Cover; cook on Low heat setting 2 to 3 hours or until hot.
- Meanwhile, heat oven to 315°F. Line cookie sheet with foil.
- Place bread slices on cookie sheet; lightly spray bread with cooking spray.
- Bake 6 to 9 minutes or until crisp.
- Remove from cookie sheet to cooling rack.
- Before serving, stir until dip is well blended and smooth. Top with green onions and bell pepper.
- Serve with toasted bread slices. Dip can be held on Low heat setting up to 1 hour.

Nutrition Facts

 **PROTEIN 10.89%**  **FAT 80.37%**  **CARBS 8.74%**

Properties

Glycemic Index:7.5, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:2.3369564893453%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 94.25kcal (4.71%), Fat: 8.41g (12.94%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.61g (0.58%), Sugar: 0.97g (1.08%), Cholesterol: 16.64mg (5.55%), Sodium: 248.62mg (10.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.13%), Vitamin K: 9.87µg (9.4%), Calcium: 65.55mg (6.55%), Vitamin A: 319.59IU (6.39%), Vitamin C: 5.08mg (6.16%), Phosphorus: 44.3mg (4.43%), Vitamin E: 0.45mg (3.02%), Selenium: 2.04µg (2.91%), Vitamin B2: 0.05mg (2.66%), Fiber: 0.45g (1.81%), Zinc: 0.2mg (1.3%), Vitamin B12: 0.08µg (1.3%), Vitamin B6: 0.02mg (1.17%), Folate: 4.14µg (1.04%), Vitamin B5: 0.1mg (1.02%)