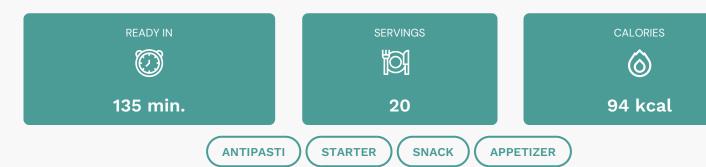


Slow-Cooker Caesar Artichoke Dip

Gluten Free



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
O.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 11/2-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		
Glycomic Index: 7.5. Glycomic 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 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: Og (100%), Alcohol %: O% (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%)