

Super Easy Artichoke Dip

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 2 cloves garlic crushed
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1.3 cups mozzarella cheese shredded

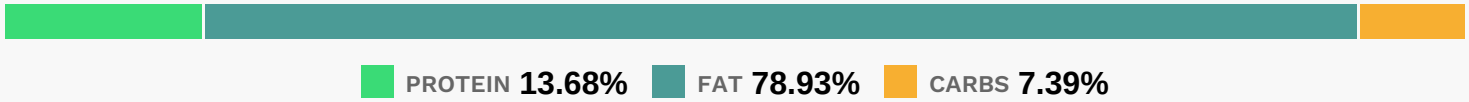
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Stir together the artichoke hearts, mayonnaise, mozzarella cheese, Parmesan cheese, garlic, and sun-dried tomatoes.
- ☐ Place the dip in a small baking dish.
- ☐ Bake in the preheated oven until bubbly and heated through, about 15 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:4.0439129841069%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 186.58kcal (9.33%), Fat: 16.14g (24.83%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.65g (0.73%), Cholesterol: 25.14mg (8.38%), Sodium: 491.31mg (21.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.59%), Vitamin K: 23.34µg (22.23%), Calcium: 146.1mg (14.61%), Phosphorus: 105.66mg (10.57%), Vitamin B12: 0.5µg (8.34%), Selenium: 5.59µg (7.99%), Zinc: 0.81mg (5.41%), Vitamin B2: 0.07mg (4.39%), Vitamin A: 181.53IU (3.63%), Vitamin E: 0.52mg (3.5%), Fiber: 0.78g (3.12%), Magnesium: 6.01mg (1.5%), Manganese: 0.02mg (1.2%), Vitamin B6: 0.02mg (1.1%)