



# The Best and Cheesiest Artichoke Dip

 **Gluten Free**

READY IN



**50 min.**

SERVINGS



**8**

CALORIES



**350 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 28 ounce artichoke hearts drained canned
- 1 teaspoon parsley dried
- 1 cup mayonnaise
- 1 cup parmesan cheese grated
- 2 cups mozzarella cheese shredded

## Equipment

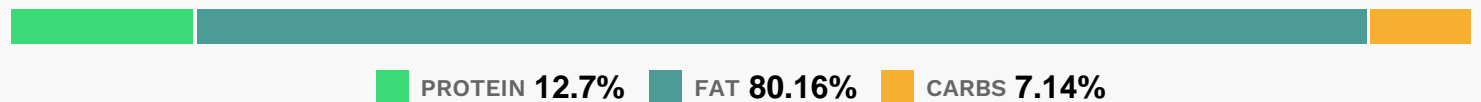
- oven
- mixing bowl

casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Drain the artichokes, squeeze the juice out of them, pull them apart and place in a 1-quart casserole dish.
- In a medium-sized mixing bowl, combine Mozzarella cheese, Parmesan cheese and mayonnaise.
- Pour this mixture into the casserole and mix well until the artichoke hearts are mixed in well.
- Sprinkle the parsley over the top.
- Bake at 350 degrees F (175 degrees C) for 40 minutes, or until the dip is brown on top.

## Nutrition Facts



## Properties

Glycemic Index:9.63, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:7.2095652211296%

## Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg

## Nutrients (% of daily need)

Calories: 349.96kcal (17.5%), Fat: 30.7g (47.23%), Saturated Fat: 8.9g (55.6%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 4.62g (1.68%), Sugar: 1.22g (1.36%), Cholesterol: 44.76mg (14.92%), Sodium: 938.53mg (40.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.89%), Vitamin K: 46.67µg (44.44%), Calcium: 254.28mg (25.43%), Phosphorus: 184.3mg (18.43%), Vitamin B12: 0.84µg (14.01%), Selenium: 9.78µg (13.97%), Zinc: 1.4mg (9.34%), Vitamin B2: 0.13mg (7.53%), Vitamin E: 1.04mg (6.91%), Vitamin A: 315.85IU (6.32%), Fiber: 1.53g (6.13%), Magnesium: 10.31mg (2.58%), Vitamin D: 0.23µg (1.54%), Potassium: 50.22mg (1.43%), Iron: 0.24mg (1.34%), Vitamin B5: 0.13mg (1.28%), Vitamin B6: 0.02mg (1.14%), Manganese: 0.02mg (1.11%), Folate: 4.13µg (1.03%)