



## Three Cheese Hot Artichoke Dip

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



737 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 14 ounces artichoke hearts drained chopped canned
- ☐ 8 ounces block cream cheese softened
- ☐ 2 green onions sliced thin
- ☐ 1 Dash hot sauce
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup parmesan grated
- ☐ 4 servings salt and pepper
- ☐ 1 cup mozzarella cheese shredded

☐ 1 Dash worcestershire sauce

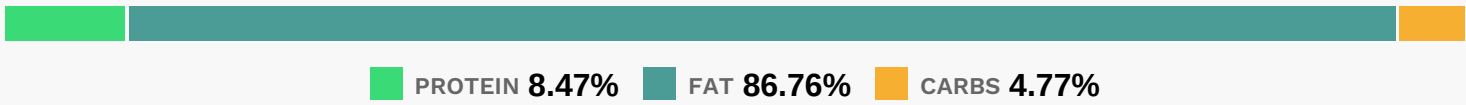
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a large mixing bowl, beat the cream cheese with a hand held electric mixer until smooth. Then beat in the mayonnaise until smooth.
- ☐ Add remaining ingredients and stir together until combined.
- ☐ Transfer the dip to a pie plate or shallow gratin dish.
- ☐ Bake in a preheated oven for 30 to 40 minutes until the top is golden brown and the dip is bubbling.
- ☐ Serve hot with crackers, tortilla chips, crostini or veggies.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:1.37, Inflammation Score:-6, Nutrition Score:13.142173917397%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 737.26kcal (36.86%), Fat: 70.89g (109.06%), Saturated Fat: 23.74g (148.38%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 7.09g (2.58%), Sugar: 3.77g (4.19%), Cholesterol: 111.41mg (37.14%), Sodium: 1474.47mg (64.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.15%), Vitamin K: 105.75µg (100.71%), Calcium: 353.59mg (35.36%), Phosphorus: 260.67mg (26.07%), Vitamin A: 1144.83IU (22.9%), Selenium: 13.77µg (19.68%), Vitamin B12: 0.98µg (16.34%), Vitamin E: 2.44mg (16.26%), Vitamin B2: 0.27mg (15.7%), Zinc: 1.55mg (10.35%), Fiber: 1.68g (6.74%), Vitamin B5: 0.52mg (5.2%), Magnesium: 18mg (4.5%), Potassium: 137.46mg (3.93%), Folate: 14.6µg

(3.65%), Vitamin B6: 0.06mg (3.08%), Iron: 0.51mg (2.83%), Vitamin B1: 0.04mg (2.36%), Vitamin D: 0.29µg (1.91%),  
Copper: 0.03mg (1.68%), Manganese: 0.03mg (1.56%), Vitamin C: 1.18mg (1.43%)