



Uncle Howie's Favorite Artichoke Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



445 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 2 cloves garlic pressed
- 0.3 cup green onions sliced
- 13 ounce marinated artichoke hearts drained chopped
- 0.5 cup mayonnaise
- 1 bell pepper red chopped
- 0.5 cup swiss cheese shredded

Equipment

bowl

Directions

In a medium bowl, mix the cream cheese, artichoke hearts, mayonnaise, garlic, red bell pepper, Swiss cheese and green onions.

Nutrition Facts

PROTEIN 6.37% **FAT 85.73%** **CARBS 7.9%**

Properties

Glycemic Index:39.6, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:11.846956530343%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 444.71kcal (22.24%), Fat: 42.43g (65.28%), Saturated Fat: 14.5g (90.65%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 6.62g (2.41%), Sugar: 3.74g (4.15%), Cholesterol: 65.26mg (21.75%), Sodium: 586.96mg (25.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin C: 47.57mg (57.66%), Vitamin K: 52.6µg (50.1%), Vitamin A: 2262.21IU (45.24%), Calcium: 165.29mg (16.53%), Phosphorus: 125.72mg (12.57%), Selenium: 7.9µg (11.29%), Vitamin E: 1.6mg (10.69%), Vitamin B2: 0.17mg (9.89%), Fiber: 2.17g (8.69%), Vitamin B12: 0.45µg (7.55%), Vitamin B6: 0.12mg (6.15%), Zinc: 0.83mg (5.55%), Folate: 21.42µg (5.36%), Iron: 0.86mg (4.79%), Vitamin B5: 0.43mg (4.31%), Potassium: 145.45mg (4.16%), Manganese: 0.06mg (3.22%), Magnesium: 12.36mg (3.09%), Vitamin B1: 0.03mg (2.19%), Vitamin B3: 0.32mg (1.62%), Copper: 0.03mg (1.53%)