



Warm Artichoke and Bacon Dip

READY IN



45 min.

SERVINGS



8

CALORIES



567 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce artichokes frozen thawed
- 0.5 teaspoon pepper black freshly ground
- 8 servings butter for greasing the baking dish
- 1 teaspoon chili powder
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 0.5 teaspoon kosher salt
- 1.5 teaspoons kosher salt
- 0.3 cup juice of lemon fresh (from 1 large lemon)

- 16 ounces mascarpone cheese
- 0.3 cup mayonnaise
- 1 teaspoon olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 3 to 4 pita breads
- 2 shallots chopped
- 0.3 cup cup heavy whipping cream sour
- 5 strips bacon thick-cut

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- baking pan
- pie form

Directions

- Watch how to make this recipe.
- Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F. In a small bowl, combine the chili powder and cumin.
- Drizzle the tops of the pita breads with the oil and sprinkle with the spice mixture and salt.
- Cut each pita bread into 8 wedges and arrange in a single layer on a baking sheet.
- Bake until crisp and golden, about 10 minutes.
- Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Butter a 9-inch round ceramic deep-dish pie pan or a 1-quart baking dish.
- Place a large skillet over medium-high heat.

- Add the oil and bacon and cook until crispy, about 8 minutes.
- Remove the bacon and drain on paper towels. When cool enough to handle, crumble into 1/2-inch pieces. Set aside. In the same skillet, add the oil (if needed), shallots, garlic, artichokes, 1/2 teaspoon of the salt and pepper. Cook over medium-high heat until the shallots are translucent and the artichokes begin to brown, about 8 minutes.
- Transfer the vegetables to a food processor.
- Add the mascarpone cheese, sour cream, mayonnaise, lemon juice, 1/2 of the cooked bacon pieces and the remaining 1 teaspoon salt. Pulse until combined but still chunky.
- Place the dip in the prepared baking dish and sprinkle with the remaining bacon pieces.
- Bake until just warmed through (do not let the dip boil), 10 minutes.
- Serve the pita chips alongside.

Nutrition Facts

PROTEIN 7.28%

FAT 79.49%

CARBS 13.23%

Properties

Glycemic Index:40.75, Glycemic Load:11.73, Inflammation Score:-6, Nutrition Score:8.0373912971953%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 3.65mg, Naringenin: 3.65mg, Naringenin: 3.65mg, Naringenin: 3.65mg Apigenin: 2.12mg, Apigenin: 2.12mg, Apigenin: 2.12mg, Apigenin: 2.12mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 567.08kcal (28.35%), Fat: 50.01g (76.94%), Saturated Fat: 23.84g (148.99%), Carbohydrates: 18.72g (6.24%), Net Carbohydrates: 16.35g (5.94%), Sugar: 1.37g (1.52%), Cholesterol: 90.89mg (30.3%), Sodium: 985.86mg (42.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.62%), Vitamin A: 1073.76IU (21.48%), Vitamin K: 19.05µg (18.15%), Calcium: 130.71mg (13.07%), Manganese: 0.24mg (11.97%), Vitamin B1: 0.15mg (10.06%), Phosphorus: 95.94mg (9.59%), Fiber: 2.38g (9.51%), Vitamin B3: 1.73mg (8.64%), Vitamin C: 7.11mg (8.62%), Vitamin E: 1.23mg (8.19%), Selenium: 5.41µg (7.72%), Magnesium: 29.77mg (7.44%), Folate: 29.18µg (7.3%), Vitamin B6: 0.15mg (7.28%), Potassium: 232.12mg (6.63%), Copper: 0.13mg (6.45%), Iron: 1.11mg (6.19%), Vitamin B2: 0.08mg (4.89%), Zinc: 0.69mg (4.6%), Vitamin B5: 0.39mg (3.9%), Vitamin B12: 0.15µg (2.49%)