



Warm Artichoke Dip

 **Gluten Free**

READY IN



25 min.

SERVINGS



10

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 clove garlic chopped
- 6.5 ounce marinated artichoke chopped
- 1 cup mayonnaise
- 1 cup parmesan cheese grated

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix together artichoke hearts, mayonnaise, Parmesan and garlic. Scoop the mixture into a medium baking dish.
- Bake in the preheated oven 15 minutes, or until lightly brown on top.

Nutrition Facts

PROTEIN 6.31% **FAT 89.22%** **CARBS 4.47%**

Properties

Glycemic Index:8, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.8886955932755%

Flavonoids

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

Nutrients (% of daily need)

Calories: 215.14kcal (10.76%), Fat: 21.22g (32.64%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.01g (0.73%), Sugar: 0.32g (0.36%), Cholesterol: 18.11mg (6.04%), Sodium: 387.31mg (16.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin K: 36.69µg (34.94%), Calcium: 94.42mg (9.44%), Phosphorus: 68.56mg (6.86%), Selenium: 4.06µg (5.8%), Vitamin A: 285.36IU (5.71%), Vitamin E: 0.79mg (5.24%), Vitamin C: 3.96mg (4.8%), Zinc: 0.47mg (3.13%), Vitamin B12: 0.16µg (2.7%), Vitamin B2: 0.04mg (2.3%), Fiber: 0.37g (1.5%), Iron: 0.23mg (1.28%)