



Warm Artichoke Shrimp Dip

READY IN



15 min.

SERVINGS



16

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 28 oz artichoke hearts drained chopped canned
- 4 oz parmesan cheese freshly grated
- 0.8 cup mayonnaise
- 0.5 cup breadcrumbs plain
- 2 cloves garlic finely chopped
- 2 tablespoons juice of lemon
- 0.5 lb shrimp frozen thawed deveined cooked peeled chopped
- 1 serving lemon zest grated
- 1 serving shrimp whole cooked

1 sticks bread if desired crisp thin

Equipment

bowl

sauce pan

Directions

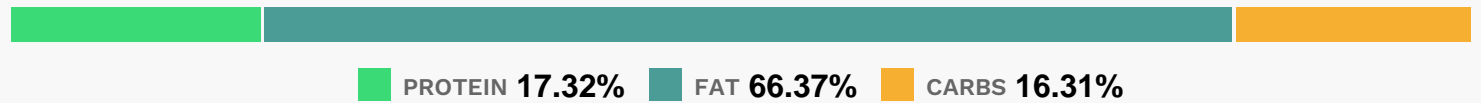
In large saucepan, mix artichoke hearts, cheese, mayonnaise, bread crumbs, garlic and lemon juice. Cook over medium heat 4 to 5 minutes, stirring frequently, until thoroughly heated. Stir in chopped shrimp.

Spoon dip into serving bowl.

Garnish with lemon peel and whole shrimp.

Serve warm with pita crackers or breadsticks.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:3.2060869025147%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 139.33kcal (6.97%), Fat: 10.1g (15.53%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 4.64g (1.69%), Sugar: 0.71g (0.79%), Cholesterol: 33.5mg (11.17%), Sodium: 415.87mg (18.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Vitamin K: 17.47µg (16.64%), Phosphorus: 84.07mg (8.41%), Calcium: 79.61mg (7.96%), Selenium: 3.65µg (5.22%), Zinc: 0.57mg (3.79%), Fiber: 0.94g (3.76%), Copper: 0.07mg (3.53%), Vitamin E: 0.39mg (2.58%), Manganese: 0.05mg (2.53%), Vitamin B1: 0.04mg (2.46%), Vitamin B2: 0.04mg (2.4%), Magnesium: 9.28mg (2.32%), Vitamin B12: 0.12µg (2%), Potassium: 63mg (1.8%), Iron: 0.3mg (1.67%), Vitamin A: 68.28IU (1.37%), Folate: 4.98µg (1.24%), Vitamin B3: 0.23mg (1.17%), Vitamin C: 0.86mg (1.04%)