



## Warm Artichoke Shrimp Dip

READY IN



15 min.

SERVINGS



16

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 28 oz artichoke hearts drained chopped canned
- 0.5 cup breadcrumbs plain
- 2 cloves garlic finely chopped
- 1 sticks bread if desired crisp thin
- 2 tablespoons juice of lemon
- 16 servings lemon zest grated
- 0.8 cup mayonnaise
- 4 oz parmesan cheese freshly grated
- 0.5 lb shrimp frozen thawed deveined cooked peeled chopped

16 servings shrimp whole cooked

## Equipment

bowl

sauce pan

## Directions

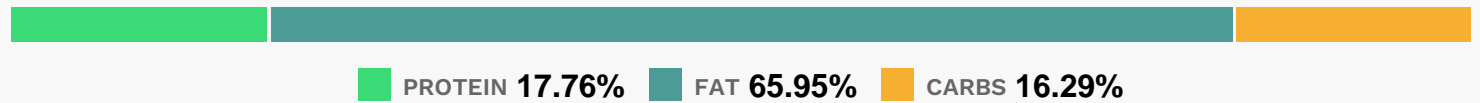
In large saucepan, mix artichoke hearts, cheese, mayonnaise, bread crumbs, garlic and lemon juice. Cook over medium heat 4 to 5 minutes, stirring frequently, until thoroughly heated. Stir in chopped shrimp.

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:3.2586956153745%

## 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: 140.21kcal (7.01%), Fat: 10.1g (15.54%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.65g (1.69%), Sugar: 0.72g (0.8%), Cholesterol: 35.01mg (11.67%), Sodium: 417mg (18.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin K: 17.47µg (16.64%), Phosphorus: 86.1mg (8.61%), Calcium: 80.46mg (8.05%), Selenium: 3.65µg (5.22%), Zinc: 0.58mg (3.88%), Fiber: 0.96g (3.84%), Copper: 0.07mg (3.73%), Vitamin E: 0.39mg (2.58%), Manganese: 0.05mg (2.54%), Vitamin B1: 0.04mg (2.47%), Magnesium: 9.63mg (2.41%), Vitamin B2: 0.04mg (2.41%), Vitamin B12: 0.12µg (2%), Potassium: 65.77mg (1.88%), Iron: 0.31mg (1.7%), Vitamin A: 68.38IU (1.37%), Vitamin C: 1.1mg (1.33%), Folate: 5µg (1.25%), Vitamin B3: 0.24mg (1.18%)