



Yogurt Artichoke Dip

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup artichoke hearts chopped
- 0.3 teaspoon basil dried
- 0.3 teaspoon parsley dried
- 0.1 teaspoon garlic powder
- 1 cup yogurt plain low-fat

Equipment

- bowl

Directions

- Mix yogurt, artichoke hearts, garlic powder, basil, and parsley together in a bowl.
- Refrigerate 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.8230434682058%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 54.32kcal (2.72%), Fat: 0.95g (1.47%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 5.91g (2.15%), Sugar: 4.82g (5.36%), Cholesterol: 3.67mg (1.23%), Sodium: 287.16mg (12.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Calcium: 113.63mg (11.36%), Phosphorus: 88.79mg (8.88%), Vitamin B2: 0.13mg (7.77%), Vitamin B12: 0.34µg (5.72%), Fiber: 1.05g (4.21%), Potassium: 146.25mg (4.18%), Zinc: 0.55mg (3.68%), Vitamin B5: 0.36mg (3.63%), Selenium: 2.05µg (2.92%), Magnesium: 10.95mg (2.74%), Vitamin B1: 0.03mg (1.83%), Folate: 6.99µg (1.75%), Vitamin B6: 0.03mg (1.62%), Vitamin K: 1.28µg (1.22%)