



Yummy Artichoke Dip

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



794 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounce chiles green chopped canned
- 8 ounce cream cheese softened
- 6.5 ounce marinated artichoke drained quartered
- 1 cup mayonnaise
- 1.5 cups parmesan cheese grated

Equipment

- bowl
- oven

baking pan

pie form

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, mix the artichoke hearts, mayonnaise, 1 cup Parmesan, cream cheese and green chile peppers. Scoop the mixture into a pie pan or medium baking pan. Top with the remaining 1/2 cup of Parmesan.

Bake for 25 minutes or until bubbly and slightly browned.

Serve warm.

Nutrition Facts

 **PROTEIN 7.94%** **FAT 86.17%** **CARBS 5.89%**

Properties

Glycemic Index:19.25, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:15.260434700095%

Nutrients (% of daily need)

Calories: 793.75kcal (39.69%), Fat: 76.12g (117.1%), Saturated Fat: 24.29g (151.79%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 10.3g (3.75%), Sugar: 2.94g (3.26%), Cholesterol: 113.41mg (37.8%), Sodium: 1477.49mg (64.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.79g (31.58%), Vitamin K: 93.11µg (88.67%), Calcium: 410.4mg (41.04%), Vitamin A: 1618.64IU (32.37%), Phosphorus: 313.3mg (31.33%), Selenium: 19.37µg (27.68%), Vitamin C: 19.37mg (23.48%), Vitamin E: 2.52mg (16.77%), Vitamin B2: 0.28mg (16.41%), Zinc: 2.02mg (13.45%), Vitamin B12: 0.7µg (11.64%), Folate: 25.46µg (6.37%), Iron: 1.06mg (5.87%), Vitamin B5: 0.57mg (5.65%), Fiber: 1.4g (5.61%), Potassium: 187.08mg (5.35%), Vitamin B6: 0.1mg (5.03%), Magnesium: 19.92mg (4.98%), Vitamin B1: 0.03mg (2.11%), Manganese: 0.04mg (2.1%), Vitamin D: 0.3µg (2%), Copper: 0.04mg (1.79%), Vitamin B3: 0.26mg (1.29%)