

Artichoke-Parmesan Dip

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Yield: 3 3/4 cups

2 packages (9 ounce ea) frozen artichoke hearts, thawed and chopped
1 package (8 ounce) Neufchatel cheese, softened
1/2 cup light mayonnaise
1/2 cup Parmesan cheese, grated
3 shallots, grated
3 cloves garlic, grated
1 tablespoon fresh thyme, chopped
3 tablespoons fresh parsley leaves, chopped
juice of one lemon
1/2 teaspoon sea salt
assorted crackers and cut vegetables

Preparation Time: 20 minutes

Slow Cooker: 2 hours 30 minutes

Coat the bowl of a slow cooker with nonstick cooking spray.

In the bowl, stir in the artichoke hearts, Neufchatel cheese, mayonnaise, Parmesan cheese, shallots, garlic and thyme.

Cover and cook on HIGH for 2-1/2 hours.

Stir in the parsley, lemon juice and salt.

Transfer to a serving bowl.

Per Serving (excluding unknown items): 798 Calories; 62g Fat (68.6% calories from fat); 30g Protein; 34g Carbohydrate; 1g Dietary Fiber; 161mg Cholesterol; 2748mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 2 Vegetable; 9 Fat; 1 Other Carbohydrates.

Appetizers, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	798	Vitamin B6 (mg):	.2mg
% Calories from Fat:	68.6%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	16.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	14.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	62g	Folacin (mcg):	28mcg
Saturated Fat (g):	28g	Niacin (mg):	trace
Monounsaturated Fat (g):	17g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	14g	Alcohol (kcal):	0
Cholesterol (mg):	161mg	% Refused:	0.0%

Carbohydrate (g): 34g
 Dietary Fiber (g): 1g
 Protein (g): 30g
 Sodium (mg): 2748mg
 Potassium (mg): 335mg
 Calcium (mg): 673mg
 Iron (mg): 2mg
 Zinc (mg): 2mg
 Vitamin C (mg): 9mg
 Vitamin A (i.u.): 5426IU
 Vitamin A (r.e.): 856 1/2RE

Food Exchanges

Grain (Starch): 0
 Lean Meat: 4
 Vegetable: 2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 9
 Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 798 Calories from Fat: 547

% Daily Values*

Total Fat	62g		95%
Saturated Fat	28g		142%
Cholesterol	161mg		54%
Sodium	2748mg		115%
Total Carbohydrates	34g		11%
Dietary Fiber	1g		5%
Protein	30g		
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Vitamin A			109%
Vitamin C			15%
Calcium			67%
Iron			9%

* Percent Daily Values are based on a 2000 calorie diet.