

MOM'S ARTICHOKE AND ARTICHOKE DIPPING SAUCE

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-dipping-sauce-recipe-with-sour-cream>

Ingredients:

- 3 artichokes
- 2 tablespoons fresh lemon juice
- 1/2 cup mayo do not use light or fat free
- 1/4 cup sour cream or light sour cream, do not use fat free
- 2 tablespoons lemon juice

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 15 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 3 grams
7. SaturatedFat: 3 grams
8. Sodium: 310 milligrams
9. Sugar: 4 grams

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