

Baked Artichoke Dip

Yield: 2 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-artichoke-dip-recipe>

Ingredients:

- 28 ounces artichokes canned, water-packed, well-drained
- 4 ounces silken tofu organic
- 3 cloves garlic
- 1/3 cup Parmesan cheese freshly grated
- 2/3 cup greek yogurt or plain
- 1/4 teaspoon salt fine grain sea, or more to taste
- 1 pinch cayenne pepper
- Parmesan cheese more, to sprinkle on top

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 20 milligrams
4. Fat: 9 grams
5. Fiber: 16 grams
6. Protein: 22 grams
7. SaturatedFat: 5 grams
8. Sodium: 880 milligrams
9. Sugar: 7 grams

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