



Almost-Famous Spinach-Artichoke Dip

READY IN



25 min.

SERVINGS



6

CALORIES



359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup artichoke hearts frozen dry thawed roughly chopped
- 2 teaspoons flour all-purpose
- 1 clove garlic minced
- 6 servings kosher salt
- 0.5 teaspoon juice of lemon fresh
- 2 tablespoons onion minced
- 1.3 cups parmesan cheese grated
- 0.5 cup sharp cheddar cheese shredded white
- 0.3 cup cup heavy whipping cream sour plus more for serving

- 20 ounce pkt spinach
- 6 servings tortilla chips and salsa for serving
- 1 tablespoon butter unsalted
- 1.3 cups milk whole
- 1 teaspoon worcestershire sauce

Equipment

- sauce pan
- whisk
- pot

Directions

- Bring a large pot of salted water to a boil. Stir in the spinach and cook until bright green, about 30 seconds.
- Drain and rinse under cold water; squeeze out the excess moisture, then finely chop.
- Melt the butter in a large saucepan over medium heat.
- Add the onion, garlic and 1/2 teaspoon salt and cook until the onion is soft, about 2 minutes.
- Add the flour and cook, stirring, until lightly toasted, about 1 minute.
- Whisk in the milk and cook, whisking constantly, until thickened, about 1 minute.
- Remove from the heat. Stir in the lemon juice, Worcestershire sauce, parmesan and sour cream.
- Return the pot to medium heat.
- Add the spinach, cheddar and artichokes and stir until the cheese melts and the dip is heated through.
- Serve warm with tortilla chips, salsa and sour cream.
- Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:1.88, Inflammation Score:-10, Nutrition Score:28.476521657861%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 359.09kcal (17.95%), Fat: 20.68g (31.81%), Saturated Fat: 9.02g (56.36%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 26.34g (9.58%), Sugar: 3.69g (4.1%), Cholesterol: 44.31mg (14.77%), Sodium: 831.5mg (36.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.26%), Vitamin K: 463.35µg (441.29%), Vitamin A: 9368.17IU (187.36%), Folate: 217.43µg (54.36%), Manganese: 0.94mg (46.76%), Calcium: 453.47mg (45.35%), Phosphorus: 358.22mg (35.82%), Vitamin C: 28.38mg (34.4%), Magnesium: 121.2mg (30.3%), Vitamin B2: 0.43mg (25.43%), Potassium: 777.58mg (22.22%), Vitamin E: 3.2mg (21.35%), Selenium: 13.84µg (19.77%), Iron: 3.3mg (18.35%), Fiber: 4.45g (17.79%), Zinc: 2.46mg (16.39%), Vitamin B6: 0.32mg (15.98%), Vitamin B1: 0.17mg (11.45%), Vitamin B12: 0.68µg (11.33%), Copper: 0.18mg (9.03%), Vitamin B5: 0.77mg (7.72%), Vitamin B3: 1.23mg (6.13%), Vitamin D: 0.75µg (5.03%)