



Always-Requested Spinach Dip

READY IN



45 min.

SERVINGS



8

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

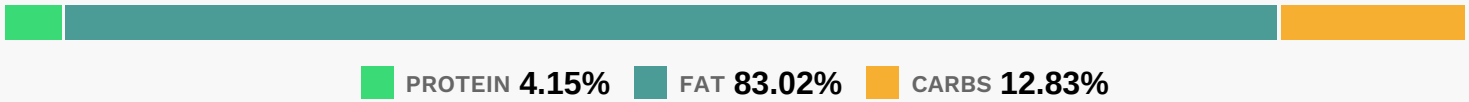
- ☐ 4 oz water chestnuts drained chopped canned
- ☐ 10 oz spinach frozen thawed drained chopped
- ☐ 1 cup mayonnaise
- ☐ 1.8 oz onion soup mix
- ☐ 1 pumpernickel bread
- ☐ 2 cups cream sour

Equipment

Directions

- ☐
- Combine mayonnaise, sour cream, soup mix, water chestnuts and spinach; mix well. Chill overnight. Slice off top of loaf; gently tear out center, reserving bread for dipping. Spoon dip into center of loaf.
- ☐
- Serve chilled, surrounded with reserved bread pieces for dipping.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:14.852608665176%

Nutrients (% of daily need)

Calories: 344.58kcal (17.23%), Fat: 32.34g (49.75%), Saturated Fat: 9.11g (56.92%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 9.24g (3.36%), Sugar: 3.19g (3.55%), Cholesterol: 45.69mg (15.23%), Sodium: 736.56mg (32.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin K: 178.46µg (169.96%), Vitamin A: 4532.71IU (90.65%), Manganese: 0.32mg (16.23%), Vitamin E: 2.28mg (15.23%), Folate: 57.63µg (14.41%), Vitamin B2: 0.2mg (12.03%), Calcium: 116.09mg (11.61%), Magnesium: 37.64mg (9.41%), Phosphorus: 84.88mg (8.49%), Fiber: 2.01g (8.04%), Vitamin B6: 0.16mg (7.96%), Potassium: 272.42mg (7.78%), Selenium: 5.4µg (7.72%), Iron: 1.04mg (5.81%), Copper: 0.11mg (5.58%), Vitamin B1: 0.07mg (4.55%), Zinc: 0.59mg (3.91%), Vitamin B5: 0.36mg (3.61%), Vitamin C: 2.97mg (3.6%), Vitamin B12: 0.15µg (2.57%), Vitamin B3: 0.41mg (2.05%)