

Amazing Artichoke and Spinach Dip

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



320 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 teaspoon garlic powder
- ☐ 6 ounce marinated artichoke hearts drained chopped
- ☐ 1 cup mayonnaise
- ☐ 1 small onion finely chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup romano cheese grated
- ☐ 1 cup creamy salad dressing

- ☐ 10 servings salt and pepper to taste
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 cup swiss cheese shredded

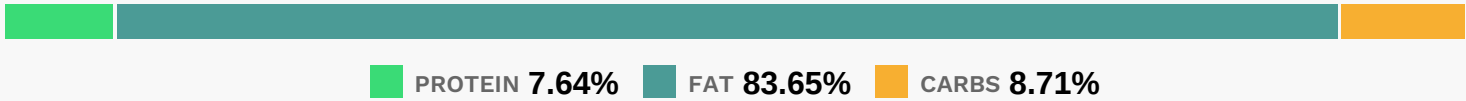
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Combine the artichoke hearts, onion, salad dressing, mayonnaise, sour cream, Swiss cheese, mozzarella cheese, 1/2 cup Parmesan cheese, Romano cheese, garlic powder, salt, and pepper in a large mixing bowl; mix evenly. Gently fold the spinach into the mixture; spread into the bottom of an 8x8 casserole pan.
- ☐ Sprinkle 1/4 cup Parmesan cheese over the top. Cover with aluminum foil.
- ☐ Bake in preheated oven 15 minutes.
- ☐ Remove the aluminum foil and bake until top begins to brown, about 10 minutes more. Allow to cool 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:16.3, Glycemic Load:0.3, Inflammation Score:-9, Nutrition Score:13.716521760692%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 320.44kcal (16.02%), Fat: 29.95g (46.07%), Saturated Fat: 7.2g (44.97%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 5.71g (2.08%), Sugar: 3.79g (4.22%), Cholesterol: 30.41mg (10.14%), Sodium: 777.88mg (33.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Vitamin K: 155.64µg (148.22%), Vitamin A: 3703.84IU (74.08%), Calcium: 183.44mg (18.34%), Vitamin E: 2.18mg (14.53%), Phosphorus: 119.8mg (11.98%), Folate: 45.59µg (11.4%), Manganese: 0.23mg (11.34%), Selenium: 7.03µg (10.05%), Vitamin B2: 0.14mg (8.2%), Magnesium: 29.55mg (7.39%), Vitamin C: 5.85mg (7.09%), Vitamin B12: 0.4µg (6.73%), Zinc: 0.84mg (5.6%), Fiber: 1.31g (5.23%), Iron: 0.87mg (4.83%), Potassium: 165.36mg (4.72%), Vitamin B6: 0.09mg (4.68%), Copper: 0.06mg (3.05%), Vitamin B1: 0.04mg (2.95%), Vitamin B5: 0.16mg (1.64%), Vitamin B3: 0.21mg (1.04%)