



Amazing Spinach Artichoke Casserole



Gluten Free



Popular

READY IN



90 min.

SERVINGS



16

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 0.3 cup butter
- ☐ 8 ounce water chestnuts drained chopped canned
- ☐ 8 ounce cream cheese
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 6 cloves garlic unpeeled
- ☐ 2 teaspoons garlic salt
- ☐ 3 green onions finely chopped

- ☐ 1 tablespoon juice of lemon
- ☐ 0.8 cup real mayonnaise
- ☐ 1 cup fried onion rings french
- ☐ 0.8 cup parmesan cheese grated
- ☐ 1 cup heavy whipping cream sour
- ☐ 40 ounce spinach – frozen dry thawed drained chopped

Equipment

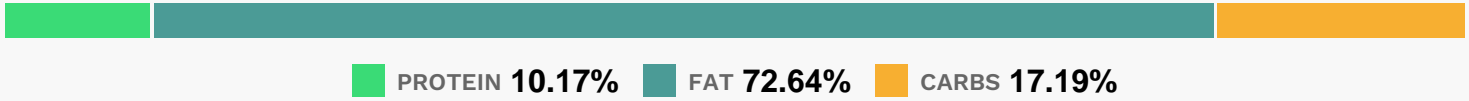
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place garlic cloves in a small oven-safe dish, and roast in the preheated oven until softened and fragrant, about 20 minutes. Set roasted garlic cloves aside to cool.
- ☐ Place the spinach in a large mixing bowl, and stir in the artichoke hearts.
- ☐ Melt butter in a skillet over medium heat, and cook and stir the mushrooms until softened, about 10 minutes.
- ☐ Mix in the green onions, and cook and stir until onions are soft, about 5 more minutes.
- ☐ Transfer the mushrooms, green onions, and butter from the skillet into the bowl with spinach mixture.
- ☐ Remove cream cheese from wrapping, place into a microwave-safe bowl, and cook in the microwave until warm and very soft, about 1 1/2 minutes. Stir the softened cream cheese into the spinach mixture, and add the sour cream, water chestnuts, Parmesan cheese, mayonnaise, garlic salt, and lemon juice. Squeeze the roasted garlic out of the garlic skins, and mix thoroughly into the spinach mixture. Spoon the casserole into a round 2-quart baking dish.

- ☐
- Bake in the preheated oven until the casserole is hot and bubbly, about 30 minutes.
- ☐
- Spread French-fried onion rings over the top, return to the oven, and bake until the onion rings are lightly browned, 5 to 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:19.113478401433%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 241.7kcal (12.08%), Fat: 20.19g (31.07%), Saturated Fat: 8.14g (50.87%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 7.36g (2.68%), Sugar: 3.08g (3.42%), Cholesterol: 38.91mg (12.97%), Sodium: 658.57mg (28.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Vitamin K: 286.37µg (272.73%), Vitamin A: 8749.38IU (174.99%), Manganese: 0.57mg (28.62%), Folate: 113.06µg (28.27%), Vitamin E: 2.81mg (18.74%), Vitamin B2: 0.3mg (17.83%), Calcium: 170.29mg (17.03%), Magnesium: 61.89mg (15.47%), Selenium: 9.62µg (13.74%), Fiber: 3.39g (13.55%), Phosphorus: 115.57mg (11.56%), Potassium: 390.98mg (11.17%), Vitamin B6: 0.22mg (10.91%), Iron: 1.75mg (9.72%), Copper: 0.19mg (9.39%), Vitamin C: 6.49mg (7.86%), Vitamin B1: 0.1mg (6.5%), Zinc: 0.93mg (6.23%), Vitamin B3: 1.01mg (5.07%), Vitamin B5: 0.5mg (4.98%), Vitamin B12: 0.15µg (2.48%)