



Artichoke Curry Vegan Spinach Dip



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained canned
- ☐ 6 servings bell pepper black to taste
- ☐ 2 teaspoons curry powder
- ☐ 0.3 cup dairy free coconut milk beverage unsweetened so delicious®
- ☐ 2 to 3 garlic cloves minced
- ☐ 1.5 teaspoons juice of lemon
- ☐ 0.3 teaspoon salt to taste
- ☐ 0.5 an 11.5-ounce package silken tofu organic

- ☐ 1 teaspoon spicy mustard
- ☐ 1 small bunch pkt spinach dried rinsed finely chopped (2 to 3 oz baby spinach leaves)

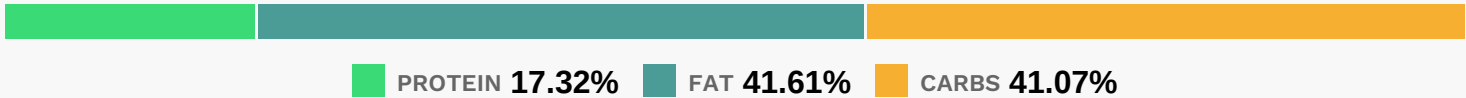
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ ramekin

Directions

- ☐ Preheat your oven to 375°F.
- ☐ Combine the artichoke hearts, tofu, coconut milk beverage, garlic, curry, mustard (if using), lemon juice, salt, and pepper, to taste, in your blender or food processor and puree until smooth.Stir in the chopped spinach and pour the mixture into 1 to 4 ramekins. 1 is for serving the dip as a whole, but I like using 2 to 4 ramekins for serving smaller or even single-serve portions.
- ☐ Bake for about 20 minutes, or until the top looks firm and the edges just begin to turn golden brown.
- ☐ Let cool slightly, but serve hot with tortilla chips, crackers, or bread. See my other serving suggestions in the post above.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:16.406956628613%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 56.04kcal (2.8%), Fat: 2.73g (4.21%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 3.28g (1.19%), Sugar: 1.15g (1.28%), Cholesterol: 0mg (0%), Sodium: 397.12mg (17.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin K: 274.57µg (261.49%), Vitamin A: 5321.51IU (106.43%), Manganese: 0.66mg (33.09%), Folate: 112.92µg (28.23%), Vitamin C: 17.08mg (20.7%), Magnesium: 51.08mg (12.77%), Fiber: 2.79g (11.17%), Iron: 1.94mg (10.77%), Potassium: 360.83mg (10.31%), Vitamin E: 1.32mg (8.79%), Vitamin B6: 0.14mg (6.77%), Vitamin B2: 0.11mg (6.53%), Calcium: 63.83mg (6.38%), Copper: 0.11mg (5.55%), Phosphorus: 42.83mg (4.28%), Vitamin B1: 0.05mg (3.5%), Zinc: 0.41mg (2.76%), Vitamin B3: 0.52mg (2.62%), Selenium: 1.73µg (2.47%)