



Artichoke, Spinach, and White Bean Dip

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce baby artichoke hearts drained quartered canned
- 0.3 teaspoon pepper black freshly ground
- 15 ounce beans white organic rinsed drained canned
- 2 garlic cloves minced
- 0.1 teaspoon ground pepper red
- 1 teaspoon juice of lemon fresh
- 0.3 cup canola mayonnaise
- 2 ounces part-skim mozzarella cheese shredded

- 1 ounce pecorino romano cheese fresh grated
- 0.3 teaspoon salt
- 9 ounce pkt spinach frozen dry thawed drained chopped

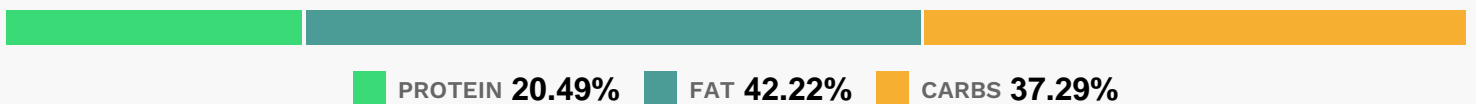
Equipment

- food processor
- bowl
- oven
- baking pan

Directions

- Preheat oven to 35
- Place Romano cheese, 1/4 cup mayonnaise, 1 teaspoon lemon juice, salt, black pepper, red pepper, minced garlic, and white beans in a food processor, and process until smooth. Spoon into a medium bowl. Stir in the artichokes and spinach. Spoon the mixture into a 1-quart glass or ceramic baking dish coated with cooking spray.
- Sprinkle with 1/2 cup mozzarella.
- Bake at 350 for 20 minutes or until bubbly and brown.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:1.89, Inflammation Score:-9, Nutrition Score:11.375217413773%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 108.08kcal (5.4%), Fat: 5.11g (7.86%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 7.3g (2.66%), Sugar: 0.61g (0.68%), Cholesterol: 7.44mg (2.48%), Sodium: 275.41mg (11.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Vitamin K: 87.95µg (83.76%), Vitamin A: 2537.73IU (50.75%), Manganese: 0.35mg (17.39%), Folate: 54.82µg (13.7%), Calcium: 116.93mg (11.69%), Fiber: 2.85g (11.42%), Magnesium: 36.38mg (9.09%), Phosphorus: 84.4mg (8.44%), Iron: 1.51mg (8.42%), Vitamin E: 1.07mg (7.13%), Potassium: 244.8mg (6.99%), Copper: 0.12mg (5.89%), Vitamin B2: 0.09mg (5.03%), Zinc: 0.72mg (4.81%), Selenium: 3.05µg (4.35%), Vitamin B1: 0.06mg (3.83%), Vitamin B6: 0.08mg (3.79%), Vitamin C: 1.5mg (1.82%), Vitamin B12: 0.07µg (1.18%), Vitamin B5: 0.11mg (1.11%)