



Artichoke & Spinach Dip Restaurant Style

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 8 ounce cream cheese softened
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 4 cloves garlic
- ☐ 0.3 cup parmesan cheese grated
- ☐ 10 ounce pasta sauce alfredo-style
- ☐ 1 cup mozzarella cheese shredded

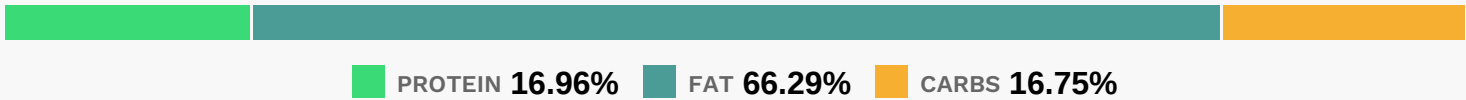
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place garlic in a small baking dish.
- ☐ Bake in the preheated oven 20 to 30 minutes, until soft.
- ☐ Remove from heat. When cool enough to touch, squeeze softened garlic from skins.
- ☐ In an 8x8 inch baking dish, spread the roasted garlic, spinach, artichoke hearts, Alfredo-style pasta sauce, mozzarella cheese, Parmesan cheese, and cream cheese.
- ☐ Bake in the preheated oven 30 minutes, or until cheeses are melted and bubbly.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:11.644347764876%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 127.49kcal (6.37%), Fat: 9.58g (14.73%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 3.88g (1.41%), Sugar: 2.07g (2.3%), Cholesterol: 28.88mg (9.63%), Sodium: 418.23mg (18.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.03%), Vitamin K: 89.22µg (84.97%), Vitamin A: 3213.55IU (64.27%), Calcium: 125.61mg (12.56%), Manganese: 0.22mg (10.78%), Folate: 38.93µg (9.73%), Phosphorus: 90.36mg (9.04%), Vitamin B2: 0.15mg (8.76%), Selenium: 5.89µg (8.41%), Vitamin E: 1.22mg (8.14%), Magnesium: 26.05mg (6.51%), Fiber: 1.57g (6.28%), Potassium: 193.07mg (5.52%), Vitamin B12: 0.29µg (4.86%), Vitamin B6: 0.09mg (4.62%), Zinc: 0.68mg (4.55%), Iron: 0.76mg (4.25%), Vitamin C: 3.27mg (3.96%), Copper: 0.07mg (3.49%), Vitamin B1: 0.04mg (2.52%), Vitamin B5: 0.23mg (2.31%), Vitamin B3: 0.39mg (1.95%)