



Artichoke Spinach Dip with Roasted Red Bell Peppers

READY IN



31 min.

SERVINGS



8

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounces artichoke hearts diced frozen canned thawed drained (or ,) (not marinated)
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup parmesan grated
- ☐ 1 teaspoon freshly cracked pepper black
- ☐ 2 tablespoons pesto sauce jarred
- ☐ 1 package pita chips
- ☐ 0.5 cup onion diced red finely
- ☐ 0.5 cup roasted bell pepper diced red

- ☐ 0.5 teaspoon salt
- ☐ 9 ounces creamed spinach frozen thawed
- ☐ 1 package tortilla chips

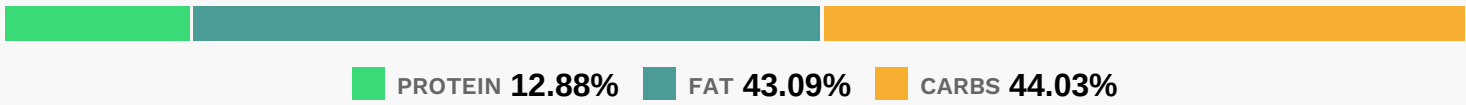
Equipment

- ☐ mixing bowl
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat a gas or charcoal grill to 350 degrees F.
- ☐ In a medium mixing bowl, add all the ingredients, except the chips, and mix well.
- ☐ Transfer to a 9 by 9-inch foil baking pan and cover with aluminum foil. Put on the grill over indirect heat (350 degrees F is ideal) and cook for 15 minutes, turning every 5 minutes, to keep the heat even. Carefully remove from the grill and serve with the chips.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:15.434782673483%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 177.34kcal (8.87%), Fat: 8.51g (13.09%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 19.56g (6.52%), Net Carbohydrates: 16.88g (6.14%), Sugar: 2.13g (2.36%), Cholesterol: 4.6mg (1.53%), Sodium: 779.88mg (33.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Vitamin K: 160.55µg (152.91%), Vitamin A: 3148.11IU (62.96%), Manganese: 0.49mg (24.29%), Folate: 94.38µg (23.6%), Vitamin C: 13.77mg (16.69%), Vitamin E:

2.25mg (15.02%), Selenium: 8.47µg (12.09%), Iron: 2.02mg (11.23%), Fiber: 2.68g (10.71%), Vitamin B1: 0.15mg (10.21%), Calcium: 98.06mg (9.81%), Magnesium: 37.43mg (9.36%), Vitamin B3: 1.8mg (9.01%), Vitamin B2: 0.15mg (8.58%), Phosphorus: 76.96mg (7.7%), Potassium: 240.86mg (6.88%), Vitamin B6: 0.12mg (5.9%), Copper: 0.09mg (4.61%), Zinc: 0.53mg (3.54%), Vitamin B5: 0.17mg (1.72%)