



Baked Spinach-and-Artichoke Dip

READY IN



17 min.

SERVINGS



11

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 12 oz baby spinach fresh
- 1 tablespoon butter
- 1 garlic clove chopped
- 0.5 cup part-skim mozzarella cheese shredded divided
- 11 servings baked pita chips fresh
- 0.5 cup cup heavy whipping cream light sour

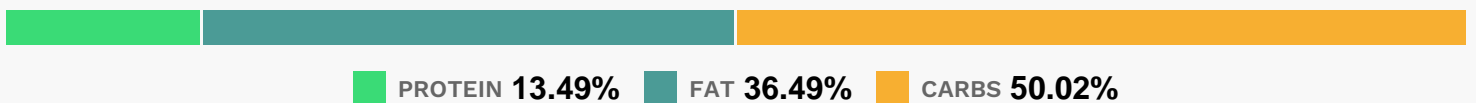
Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- microwave

Directions

- Microwave spinach in a large, microwave-safe bowl at HIGH 3 minutes or until wilted.
- Drain spinach well, pressing between paper towels. Chop spinach.
- Melt butter in a nonstick skillet over medium-high heat.
- Add cream cheese and garlic; cook 3 to 4 minutes, stirring constantly, until cream cheese melts. Fold in spinach, artichokes, sour cream, and 1/4 cup mozzarella cheese; stir until cheese melts.
- Transfer mixture to a 1-qt. shallow baking dish.
- Sprinkle with remaining 1/4 cup mozzarella cheese.
- Bake at 350 for 15 minutes or until hot and bubbly.
- Serve immediately with fresh pita wedges or baked pita chips.
- Note: Thoroughly wash bagged spinach before using.

Nutrition Facts



Properties

Glycemic Index:10.18, Glycemic Load:0.17, Inflammation Score:-9, Nutrition Score:15.496087037351%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 180.08kcal (9%), Fat: 7.33g (11.28%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 20.3g (7.38%), Sugar: 1.82g (2.03%), Cholesterol: 9.65mg (3.22%), Sodium: 445.19mg (19.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.19%), Vitamin K: 149.94µg (142.8%), Vitamin A: 2990.61IU (59.81%), Folate: 99.45µg (24.86%), Manganese: 0.47mg (23.31%), Vitamin E: 2.64mg (17.58%), Selenium: 10.69µg (15.27%), Vitamin B1: 0.19mg (12.44%), Iron: 2.15mg (11.93%), Vitamin B3: 2.21mg (11.05%), Vitamin C: 8.87mg (10.75%), Vitamin B2: 0.17mg (10.18%), Magnesium: 37.1mg (9.28%), Fiber: 2.31g (9.22%), Calcium: 90.73mg (9.07%), Phosphorus: 81.59mg (8.16%), Potassium: 236.53mg (6.76%), Vitamin B6: 0.1mg (5%), Zinc: 0.63mg (4.2%), Copper: 0.08mg (4.17%), Vitamin B5: 0.17mg (1.67%), Vitamin B12: 0.09µg (1.46%)