



Baked Spinach Artichoke Dip

READY IN



30 min.

SERVINGS



24

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup salad dressing
- 1 cup parmesan cheese freshly grated
- 14 oz artichoke hearts drained coarsely chopped canned
- 9 oz spinach frozen thawed chopped
- 0.5 cup bell pepper red chopped
- 0.3 cup mozzarella cheese shredded
- 1 slices crusty baguette assorted toasted

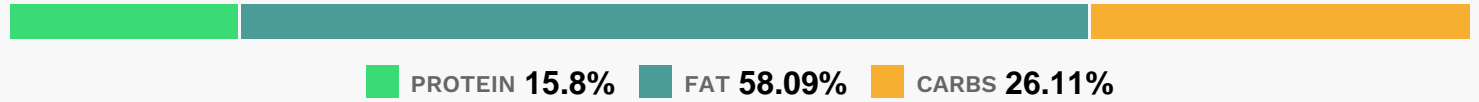
Equipment

- oven
- casserole dish

Directions

- Heat oven to 350°F.
- Mix mayonnaise and Parmesan cheese. Stir in artichokes, spinach and bell pepper.
- Spoon mixture into 1-quart casserole dish.
- Sprinkle with Monterey Jack cheese.
- Cover and bake about 20 minutes or until cheese is melted.
- Serve warm with baguette slices.

Nutrition Facts



Properties

Glycemic Index:5.45, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:5.4108695575724%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 55.7kcal (2.79%), Fat: 3.6g (5.54%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 2.98g (1.08%), Sugar: 1.46g (1.62%), Cholesterol: 4.55mg (1.52%), Sodium: 254.75mg (11.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Vitamin K: 45.32µg (43.16%), Vitamin A: 1391.24IU (27.82%), Calcium: 59.33mg (5.93%), Vitamin C: 4.6mg (5.57%), Folate: 18.6µg (4.65%), Manganese: 0.09mg (4.57%), Vitamin E: 0.6mg (3.99%), Phosphorus: 39.3mg (3.93%), Selenium: 2.72µg (3.89%), Vitamin B2: 0.05mg (2.85%), Magnesium: 10.87mg (2.72%), Fiber: 0.66g (2.62%), Zinc: 0.3mg (1.99%), Vitamin B6: 0.04mg (1.94%), Potassium: 61.76mg (1.76%), Iron: 0.31mg (1.72%), Vitamin B1: 0.02mg (1.52%), Vitamin B12: 0.08µg (1.38%), Copper: 0.02mg (1.06%)