



Baked Spinach-Parmesan Dip

READY IN



45 min.

SERVINGS



12

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 oz crusty baguette thinly sliced
- ☐ 3 oz cream cheese
- ☐ 10 oz spinach frozen thawed chopped
- ☐ 1 clove garlic minced pressed
- ☐ 1 cup mayonnaise reduced-fat
- ☐ 6 oz onion minced peeled
- ☐ 0.5 teaspoon paprika
- ☐ 1 cup parmesan cheese grated
- ☐ 0.1 teaspoon pepper

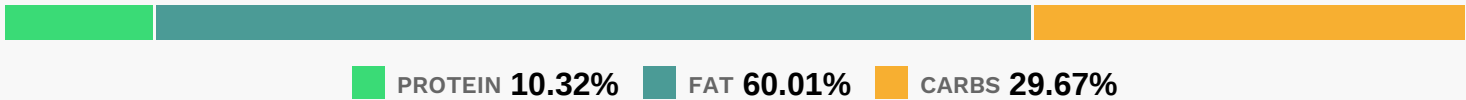
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Squeeze spinach to remove liquid. With a mixer, beat spinach, mayonnaise, cream cheese, onion, garlic, 1 cup parmesan cheese, and pepper until thoroughly combined.
- ☐ Mound mixture in a 3- to 4-cup baking dish.
- ☐ Sprinkle evenly with 2 tablespoons parmesan cheese and the paprika.
- ☐ Bake in a 350 oven until hot in center and lightly browned on top, 25 to 30 minutes.
- ☐ Serve hot to spread on baguette slices.

Nutrition Facts



Properties

Glycemic Index:21.06, Glycemic Load:12.96, Inflammation Score:-9, Nutrition Score:15.181739133337%

Flavonoids

Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 297.9kcal (14.9%), Fat: 19.93g (30.66%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 20.41g (7.42%), Sugar: 2.92g (3.24%), Cholesterol: 22.25mg (7.42%), Sodium: 538.37mg (23.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.42%), Vitamin K: 119.9µg (114.19%), Vitamin A: 2991.09IU (59.82%), Folate: 79.52µg (19.88%), Manganese: 0.38mg (18.87%), Selenium: 11.99µg (17.12%), Vitamin B1: 0.26mg (17.02%), Calcium: 156.2mg (15.62%), Vitamin B2: 0.23mg (13.41%), Phosphorus: 116.61mg (11.66%), Iron: 1.89mg (10.49%), Vitamin E: 1.54mg (10.25%), Vitamin B3: 1.88mg (9.38%), Magnesium: 32.95mg (8.24%), Fiber: 1.76g (7.04%), Zinc: 0.89mg (5.91%), Vitamin B6: 0.11mg (5.71%), Potassium: 180.91mg (5.17%), Copper: 0.1mg (4.75%), Vitamin C: 2.43mg (2.94%), Vitamin B5: 0.29mg (2.86%), Vitamin B12: 0.15µg (2.51%)