



Baked Triple-Veggie Dip

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8.5 oz artichoke hearts drained chopped canned
- 1 can asparagus spears drained chopped (1 lb. 3 oz.)
- 8 oz philadelphia chive & onion cream cheese spread
- 10 oz pkt spinach frozen thawed drained chopped
- 0.5 cup real mayo mayonnaise kraft
- 1.5 cups parmesan cheese divided grated kraft

Equipment

- oven

baking pan

Directions

Heat oven to 375F.

Mix 1-1/4 cups Parmesan with all remaining ingredients.

Spoon into 2-qt. baking dish sprayed with cooking spray; top with remaining Parmesan.

Bake 35 min. or until dip is heated through and top is lightly browned.

Nutrition Facts

PROTEIN 14.3% **FAT 74.44%** **CARBS 11.26%**

Properties

Glycemic Index:1, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:3.0673913126406%

Nutrients (% of daily need)

Calories: 42.81kcal (2.14%), Fat: 3.56g (5.48%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.89g (0.33%), Sugar: 0.28g (0.31%), Cholesterol: 6.36mg (2.12%), Sodium: 124mg (5.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin K: 26.84µg (25.56%), Vitamin A: 776.12IU (15.52%), Calcium: 40.25mg (4.03%), Folate: 13.03µg (3.26%), Manganese: 0.05mg (2.55%), Phosphorus: 24.4mg (2.44%), Selenium: 1.53µg (2.18%), Vitamin E: 0.31mg (2.09%), Vitamin B2: 0.03mg (1.67%), Magnesium: 5.82mg (1.46%), Vitamin C: 1.14mg (1.38%), Fiber: 0.32g (1.27%), Zinc: 0.18mg (1.23%), Iron: 0.22mg (1.2%)