



Caesar-Spinach Dip

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup classic caesar dressing kraft
- 0.5 cup knudsen cream sour
- 0.3 cup parmesan cheese divided grated kraft
- 0.3 cup pasilla peppers red chopped
- 10 oz pkt spinach frozen dry thawed chopped

Equipment

- bowl

Directions

- Mix sour cream and dressing in medium bowl.
- Reserve 1 tsp. cheese.
- Add remaining cheese to sour cream mixture with spinach and peppers; mix well.
- Top with reserved cheese.

Nutrition Facts

PROTEIN 10.98% **FAT 77.25%** **CARBS 11.77%**

Properties

Glycemic Index:3.2, Glycemic Load:0.06, Inflammation Score:-9, Nutrition Score:11.603043635254%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 88.77kcal (4.44%), Fat: 7.87g (12.11%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.01g (1.12%), Cholesterol: 12.74mg (4.25%), Sodium: 177.86mg (7.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.03%), Vitamin K: 114.16µg (108.72%), Vitamin A: 3582.91IU (71.66%), Folate: 44.44µg (11.11%), Manganese: 0.21mg (10.61%), Vitamin C: 8.04mg (9.75%), Vitamin E: 1.33mg (8.88%), Calcium: 81.76mg (8.18%), Magnesium: 24.33mg (6.08%), Vitamin B2: 0.1mg (5.84%), Selenium: 3.42µg (4.89%), Phosphorus: 46.54mg (4.65%), Fiber: 0.97g (3.86%), Potassium: 131.35mg (3.75%), Iron: 0.66mg (3.69%), Vitamin B6: 0.07mg (3.63%), Zinc: 0.36mg (2.41%), Copper: 0.05mg (2.29%), Vitamin B1: 0.03mg (2.22%), Vitamin B12: 0.07µg (1.19%), Vitamin B3: 0.21mg (1.04%)