



Campbell's Kitchen Warm Spinach Dip

 Vegetarian

READY IN



30 min.

SERVINGS



32

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons flour all-purpose
- 20 ounce pkt spinach frozen thawed drained chopped well
- 1 cup milk
- 1 medium onion chopped
- 4 ounces part-skim mozzarella cheese shredded
- 1 cup picante sauce pace®
- 32 servings tortilla chips fresh

Equipment

frying pan

sauce pan

Directions

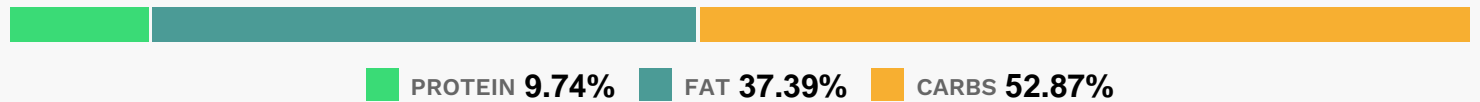
Spray a 2-quart saucepan with the cooking spray and heat over medium heat for 1 minute.

Add the onion and cook until it's tender, stirring occasionally.

Stir the spinach and flour in the skillet. Gradually stir the milk in the skillet. Cook and stir until the mixture boils and thickens. Stir in the picante sauce and cheese and cook until the cheese is melted.

Serve with the tortilla chips for dipping.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:9.6221739572027%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 156.31kcal (7.82%), Fat: 6.73g (10.35%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 19.17g (6.97%), Sugar: 1.2g (1.33%), Cholesterol: 3.18mg (1.06%), Sodium: 183.23mg (7.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.89%), Vitamin K: 72.2µg (68.76%), Vitamin A: 2146.97IU (42.94%), Vitamin E: 1.61mg (10.74%), Magnesium: 40.2mg (10.05%), Phosphorus: 99.89mg (9.99%), Calcium: 92.76mg (9.28%), Fiber: 2.24g (8.97%), Folate: 31.21µg (7.8%), Manganese: 0.14mg (7.11%), Vitamin B6: 0.11mg (5.32%), Vitamin B2: 0.09mg (5.08%), Iron: 0.83mg (4.62%), Vitamin B1: 0.07mg (4.59%), Selenium: 3.2µg (4.57%), Potassium: 153.16mg (4.38%), Zinc: 0.64mg (4.27%), Vitamin B5: 0.4mg (4.02%), Copper: 0.06mg (3.05%), Vitamin B3: 0.46mg (2.29%), Vitamin C: 1.38mg (1.68%), Vitamin B12: 0.07µg (1.17%)