



WHATSheATE



Cheesy Spinach-Artichoke Dip

READY IN



45 min.

SERVINGS



16

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained coarsely chopped quartered canned
- ☐ 8 ounce carton cream sour low-fat
- ☐ 0.5 cup mayonnaise fat-free
- ☐ 0.8 cup milk fat-free
- ☐ 2 ounces feta cheese crumbled reduced-fat
- ☐ 2 garlic cloves crushed
- ☐ 8 ounce cream cheese light softened
- ☐ 0.5 cup onion diced
- ☐ 0.8 cup parmesan cheese grated

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 11 6-inch pita bread rounds ()
- ☐ 1 tablespoon red wine vinegar
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 0.3 cup sun-dried tomatoes packed chopped
- ☐ 1 cup water boiling

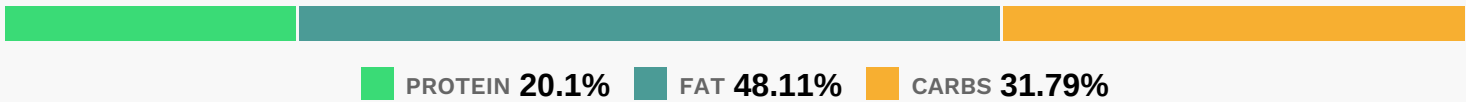
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ slow cooker

Directions

- ☐ Preheat oven to 35
- ☐ Split each pita bread in half horizontally; cut each half into 6 wedges.
- ☐ Place pita wedges in a single layer on baking sheets; bake at 350 for 10 minutes or until toasted.
- ☐ Combine sun-dried tomatoes and boiling water in a bowl; let stand for 1 hour or until soft.
- ☐ Place artichokes and next 11 ingredients (through garlic) in a 3 1/2-quart electric slow cooker; stir well. Cover with lid; cook on low-heat setting 1 hour.
- ☐ Drain tomatoes; stir into dip. Cover and cook 1 hour.
- ☐ Serve warm with toasted pita wedges.

Nutrition Facts



Properties

Glycemic Index:15.58, Glycemic Load:0.98, Inflammation Score:-9, Nutrition Score:9.5839129375375%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 106.55kcal (5.33%), Fat: 5.82g (8.95%), Saturated Fat: 3.28g (20.47%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 7.22g (2.63%), Sugar: 3.69g (4.1%), Cholesterol: 19.59mg (6.53%), Sodium: 349.84mg (15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.93%), Vitamin K: 69.07µg (65.78%), Vitamin A: 2286.71IU (45.73%), Calcium: 126.43mg (12.64%), Manganese: 0.19mg (9.75%), Phosphorus: 93.63mg (9.36%), Folate: 33.15µg (8.29%), Vitamin B2: 0.13mg (7.58%), Potassium: 246.72mg (7.05%), Magnesium: 24.46mg (6.12%), Selenium: 4.17µg (5.95%), Fiber: 1.43g (5.72%), Vitamin B12: 0.32µg (5.33%), Vitamin E: 0.62mg (4.16%), Zinc: 0.58mg (3.84%), Copper: 0.08mg (3.78%), Iron: 0.64mg (3.56%), Vitamin B1: 0.05mg (3.51%), Vitamin B6: 0.07mg (3.44%), Vitamin C: 2.49mg (3.02%), Vitamin B5: 0.25mg (2.52%), Vitamin B3: 0.37mg (1.83%), Vitamin D: 0.22µg (1.47%)