



Chicago Dip

 Vegetarian

READY IN

ready

20 min.

SERVINGS

servings

10

CALORIES

calories

462 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons parsley dried
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 0.8 cup green onions chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 1 pound round italian
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 1 cup cup heavy whipping cream sour

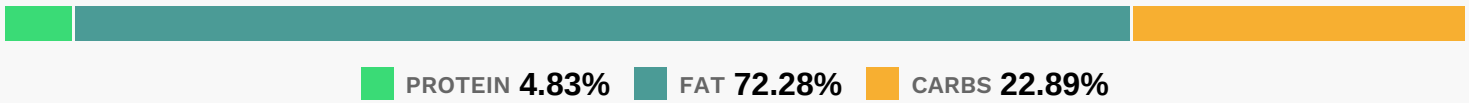
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ In a large mixing bowl, combine spinach, sour cream, mayonnaise, green onions, parsley, lemon juice, and salt.
- ☐ Mix until well blended, then refrigerate.
- ☐ Cut a circle out of the top of the bread and scoop out the inside. Tear the inside into pieces for dipping. Spoon the dip into the center of the bread bowl and serve accompanied by the pieces of bread for dipping.
- ☐ Preheat oven to 300 degrees F (150 degrees C).

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.18, Inflammation Score:-9, Nutrition Score:13.363478331462%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 461.75kcal (23.09%), Fat: 37.41g (57.55%), Saturated Fat: 13.67g (85.42%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 24.05g (8.74%), Sugar: 15.3g (17%), Cholesterol: 22.98mg (7.66%), Sodium: 456.2mg (19.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.25%), Vitamin K: 158.11µg (150.58%), Vitamin A: 3557.31IU (71.15%), Folate: 77.12µg (19.28%), Vitamin E: 1.69mg (11.25%), Vitamin B3: 2.25mg (11.24%), Manganese: 0.22mg (10.9%), Fiber: 2.61g (10.45%), Iron: 1.67mg (9.27%), Vitamin B2: 0.15mg (9.05%), Magnesium: 33.11mg

(8.28%), Potassium: 251.52mg (7.19%), Vitamin B1: 0.1mg (6.75%), Calcium: 67.32mg (6.73%), Phosphorus: 55.76mg (5.58%), Selenium: 3.12µg (4.45%), Vitamin C: 3.39mg (4.11%), Vitamin B6: 0.06mg (3.25%), Copper: 0.06mg (2.79%), Zinc: 0.39mg (2.6%), Vitamin B5: 0.15mg (1.49%), Vitamin B12: 0.08µg (1.25%)