



Cold Spinach Dip with Radishes

READY IN



20 min.

SERVINGS



10

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce baby spinach chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 teaspoons hot sauce
- ☐ 10 servings kosher salt and pepper freshly ground
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 cup radishes diced
- ☐ 1 bunch scallions light white green chopped and parts only
- ☐ 1 cup cup heavy whipping cream sour

- ☐ 10 ounce pkt spinach frozen dry thawed chopped
- ☐ 10 servings vegetable sticks for serving
- ☐ 2 teaspoons worcestershire sauce

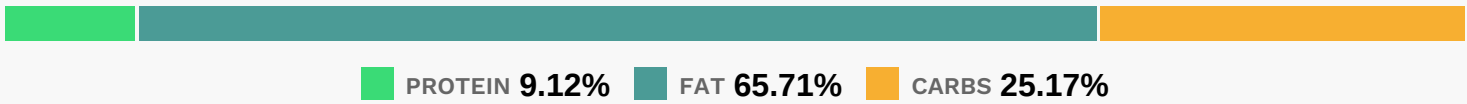
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Pulse the frozen spinach, baby spinach,sour cream, mayonnaise, parmesan, scallions, chives, Worcestershire sauce and hot sauce in a food processor until combined; season with salt and pepper.
- ☐ Transfer the dip to a serving bowl and stir in the radishes. Cover and refrigerate at least 1 hour.
- ☐ Serve with vegetable sticks.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:23.6, Glycemic Load:4.04, Inflammation Score:-10, Nutrition Score:17.766521663769%

Flavonoids

Pelargonidin: 7.32mg, Pelargonidin: 7.32mg, Pelargonidin: 7.32mg, Pelargonidin: 7.32mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 241.19kcal (12.06%), Fat: 18.4g (28.3%), Saturated Fat: 4.78g (29.9%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 11.06g (4.02%), Sugar: 1.49g (1.65%), Cholesterol: 22.8mg (7.6%), Sodium: 448.44mg (19.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.49%), Vitamin A: 8439.37IU (168.79%), Vitamin K:

153.34µg (146.04%), Manganese: 0.47mg (23.38%), Folate: 80.55µg (20.14%), Fiber: 4.79g (19.15%), Vitamin C: 15mg (18.18%), Magnesium: 50.76mg (12.69%), Vitamin B2: 0.21mg (12.1%), Calcium: 115.42mg (11.54%), Potassium: 389.18mg (11.12%), Phosphorus: 110.15mg (11.01%), Vitamin E: 1.55mg (10.31%), Vitamin B1: 0.15mg (10.07%), Iron: 1.69mg (9.4%), Vitamin B6: 0.17mg (8.28%), Copper: 0.15mg (7.44%), Vitamin B3: 1.38mg (6.91%), Selenium: 4.3µg (6.15%), Zinc: 0.84mg (5.61%), Vitamin B5: 0.31mg (3.14%), Vitamin B12: 0.1µg (1.7%)