



Creamy Artichoke and Spinach Dip

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

3

CALORIES

calories

901 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce artichoke hearts drained coarsely chopped canned
- ☐ 1 clove garlic minced
- ☐ 3 servings kosher salt and pepper black freshly ground
- ☐ 1 lemon zest finely grated
- ☐ 0.8 cup mayonnaise
- ☐ 1.5 cups parmesan divided freshly grated
- ☐ 1 tablespoon bottled cayenne pepper sauce
- ☐ 3 servings serving suggestion: pita chips for dipping

- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 8 cups pkt spinach fresh

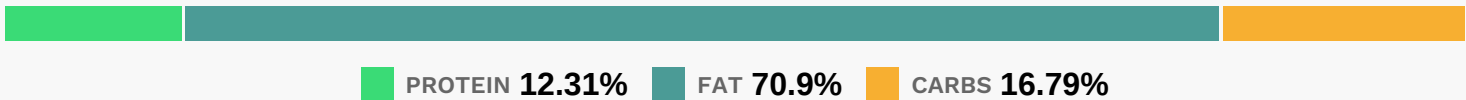
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375 degrees F. Spray 1 1/2-quart casserole dish with cooking spray; set aside
- ☐ Blanch spinach. Squeeze excess water.
- ☐ In a medium bowl, mix together spinach, garlic and lemon zest.
- ☐ Add artichoke hearts, 1-cup Parmesan, sour cream, mayonnaise and cayenne pepper sauce.
- ☐ Mix.
- ☐ Place into prepared casserole dish.
- ☐ Bake for 30 minutes. The last 5 minutes add the remaining 1/2 cup of Parmesan to the top.
- ☐ Serve hot or cold along with pita chips.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:1.07, Inflammation Score:-10, Nutrition Score:32.547391383544%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 5.11mg, Kaempferol: 5.11mg, Kaempferol: 5.11mg, Kaempferol: 5.11mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 901.24kcal (45.06%), Fat: 70.56g (108.55%), Saturated Fat: 21g (131.22%), Carbohydrates: 37.6g (12.53%), Net Carbohydrates: 30.43g (11.06%), Sugar: 6.53g (7.26%), Cholesterol: 91.44mg (30.48%), Sodium: 2568.55mg

(111.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.14%), Vitamin K: 480.01µg (457.16%), Vitamin A: 8295.38IU (165.91%), Calcium: 743.79mg (74.38%), Folate: 203.32µg (50.83%), Phosphorus: 478.78mg (47.88%), Manganese: 0.95mg (47.66%), Vitamin E: 5.74mg (38.28%), Selenium: 24.89µg (35.56%), Vitamin C: 29.13mg (35.31%), Vitamin B2: 0.52mg (30.4%), Fiber: 7.17g (28.68%), Magnesium: 102.81mg (25.7%), Iron: 4.08mg (22.69%), Potassium: 626.37mg (17.9%), Vitamin B1: 0.26mg (17.38%), Zinc: 2.36mg (15.76%), Vitamin B6: 0.28mg (14.15%), Vitamin B3: 2.77mg (13.83%), Vitamin B12: 0.79µg (13.13%), Copper: 0.19mg (9.39%), Vitamin B5: 0.73mg (7.27%), Vitamin D: 0.36µg (2.41%)