



Creamy Spinach and Parmesan Dip

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 ounce baby spinach leaves
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.3 cups curd cottage cheese low-fat
- ☐ 1.5 ounces parmesan cheese shredded with a microplane)
- ☐ 0.3 teaspoon pepper

Equipment

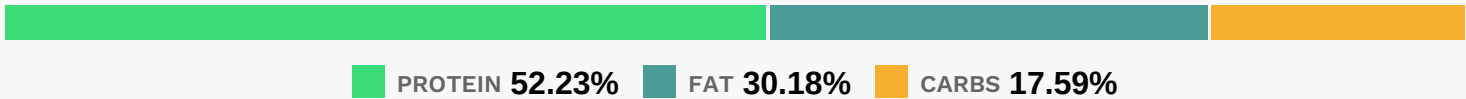
- ☐ food processor
- ☐ bowl

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Put spinach in a large microwave-safe bowl and drape bowl with microwave-safe plastic wrap. Microwave until spinach is tender, stirring a couple of times, 4 to 5 minutes.
- ☐ Drain spinach and let stand until cool enough to handle. Squeeze out liquid, then finely chop.
- ☐ Whirl cottage cheese, parmesan, salt, and pepper in a food processor until very smooth, about 1 minute, scraping inside of bowl as needed.
- ☐ Scrape into a bowl and stir in spinach.
- ☐ Serve dip at room temperature or chilled, with baguette toasts or crackers.
- ☐ Make ahead: Up to 2 days, chilled.

Nutrition Facts



Properties

Glycemic Index:3.64, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:5.076956462439%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 17.46kcal (0.87%), Fat: 0.6g (0.92%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.37g (0.41%), Cholesterol: 1.61mg (0.54%), Sodium: 105.34mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.67%), Vitamin K: 54.84µg (52.23%), Vitamin A: 1081.36IU (21.63%), Folate: 23.48µg (5.87%), Manganese: 0.1mg (5.25%), Vitamin C: 3.19mg (3.86%), Calcium: 38.36mg (3.84%), Phosphorus: 32.53mg (3.25%), Vitamin B2: 0.05mg (2.69%), Magnesium: 10.31mg (2.58%), Selenium: 1.51µg (2.16%), Potassium: 74.83mg (2.14%), Iron: 0.34mg (1.88%), Vitamin E: 0.24mg (1.57%), Vitamin B6: 0.03mg (1.57%), Vitamin B12: 0.09µg (1.53%), Fiber: 0.25g (1.02%)