



Creamy Spinach Dip



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



28

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 oz spinach frozen chopped
- ☐ 8 oz cream sour
- ☐ 1 cup mayonnaise
- ☐ 0.5 teaspoon celery salt
- ☐ 0.5 teaspoon dill dried
- ☐ 0.3 teaspoon onion salt
- ☐ 0.3 cup spring onion chopped
- ☐ 8 oz water chestnuts drained finely chopped canned

- ☐ 2 oz pimientos diced drained
- ☐ 1 serving savory vegetable fresh

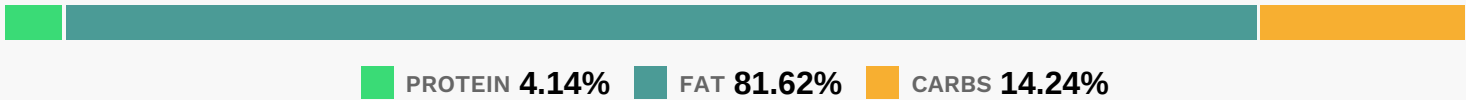
Equipment

- ☐ bowl

Directions

- ☐ Cook spinach as directed on package. Cool slightly; squeeze to drain well.
- ☐ Meanwhile, in medium bowl, mix sour cream, mayonnaise, celery salt, dill and onion salt. Stir in cooked spinach, onions, water chestnuts and pimientos. Cover; refrigerate at least 2 hours to blend flavors.
- ☐ Serve dip with crackers.

Nutrition Facts



Properties

Glycemic Index:6.14, Glycemic Load:0.21, Inflammation Score:-7, Nutrition Score:5.1030434415392%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 82.38kcal (4.12%), Fat: 7.64g (11.76%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.78g (0.87%), Cholesterol: 8.14mg (2.71%), Sodium: 125.37mg (5.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin K: 49.14µg (46.8%), Vitamin A: 1352.92IU (27.06%), Manganese: 0.09mg (4.54%), Vitamin E: 0.64mg (4.28%), Folate: 16.48µg (4.12%), Vitamin C: 3.36mg (4.07%), Fiber: 0.78g (3.13%), Vitamin B2: 0.04mg (2.57%), Vitamin B6: 0.05mg (2.45%), Magnesium: 9.55mg (2.39%), Calcium: 23.02mg (2.3%), Iron: 0.4mg (2.22%), Potassium: 72.02mg (2.06%), Phosphorus: 17.5mg (1.75%), Copper: 0.03mg (1.69%), Selenium: 1.14µg (1.63%), Vitamin B1: 0.02mg (1.15%), Zinc: 0.16mg (1.07%)