



Easy Spinach Artichoke Dip

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces creamy alfredo sauce classico®
- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 cup cheese blend shredded italian
- ☐ 0.5 cup mayonnaise

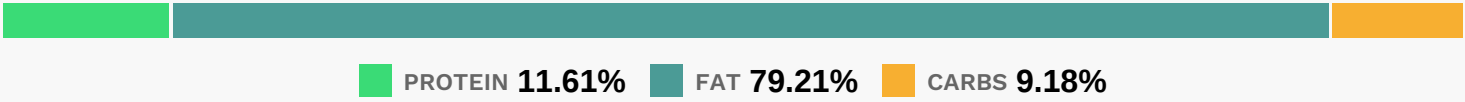
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a small casserole dish, mix the spinach, artichoke hearts, cheese, mayonnaise, and Alfredo sauce.
- ☐ Bake 20 minutes in the preheated oven, or until lightly bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:11.814782667419%

Nutrients (% of daily need)

Calories: 212.9kcal (10.64%), Fat: 18.82g (28.96%), Saturated Fat: 4.54g (28.36%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 3.12g (1.13%), Sugar: 1.15g (1.27%), Cholesterol: 27.28mg (9.09%), Sodium: 515.44mg (22.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Vitamin K: 154.65µg (147.28%), Vitamin A: 4164.43IU (83.29%), Folate: 52.08µg (13.02%), Manganese: 0.25mg (12.52%), Vitamin E: 1.49mg (9.91%), Calcium: 74.83mg (7.48%), Fiber: 1.79g (7.17%), Magnesium: 26.72mg (6.68%), Vitamin B2: 0.08mg (4.83%), Iron: 0.7mg (3.88%), Potassium: 125.41mg (3.58%), Selenium: 2.45µg (3.5%), Vitamin B6: 0.06mg (3.1%), Copper: 0.05mg (2.68%), Vitamin C: 1.95mg (2.36%), Vitamin B1: 0.03mg (2.31%), Phosphorus: 20.3mg (2.03%), Zinc: 0.22mg (1.46%)