



Easy Spinach Artichoke Dip with Cheese

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained finely chopped canned
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.5 tsp garlic powder
- 0.8 cup parmesan cheese grated kraft
- 0.8 cup mayo reduced fat mayonnaise light kraft
- 0.5 cup milk mozzarella cheese shredded 2% kraft

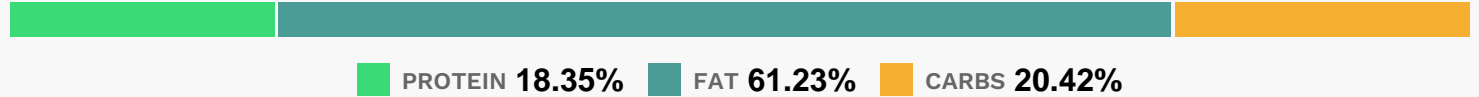
Equipment

- oven

Directions

- Heat oven to 350F.
- Combine ingredients.
- Spoon into 9-inch quiche dish or pie plate.
- Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:4.0917390397061%

Nutrients (% of daily need)

Calories: 35.42kcal (1.77%), Fat: 2.41g (3.71%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.38g (0.43%), Cholesterol: 4.55mg (1.52%), Sodium: 157.64mg (6.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin K: 38.25µg (36.42%), Vitamin A: 1146.25IU (22.93%), Calcium: 44.09mg (4.41%), Folate: 14.23µg (3.56%), Manganese: 0.07mg (3.51%), Phosphorus: 28.14mg (2.81%), Vitamin E: 0.41mg (2.76%), Selenium: 1.92µg (2.74%), Magnesium: 8.49mg (2.12%), Vitamin B2: 0.04mg (2.07%), Fiber: 0.48g (1.93%), Zinc: 0.22mg (1.47%), Vitamin B12: 0.08µg (1.27%), Potassium: 41.07mg (1.17%), Iron: 0.21mg (1.16%)