



Easy Spinach Dip

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup knudsen cream sour
- 0.5 cup parsley fresh chopped
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.3 cup green onions sliced
- 1 tsp lemon pepper seasoning
- 1 cup real mayo mayonnaise kraft

Equipment

- bowl

Directions

- Mix mayo and sour cream in medium bowl. Stir in remaining ingredients. Cover.
- Refrigerate several hours or until chilled.
- Serve with assorted cut-up fresh vegetables or crackers.

Nutrition Facts

PROTEIN 3.7% **FAT 90.86%** **CARBS 5.44%**

Properties

Glycemic Index:9.73, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:9.4173912801172%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 138.98kcal (6.95%), Fat: 14.28g (21.96%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.79g (0.88%), Cholesterol: 15.32mg (5.11%), Sodium: 114.98mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Vitamin K: 131.35µg (125.09%), Vitamin A: 2507.24IU (50.14%), Folate: 33.2µg (8.3%), Manganese: 0.16mg (7.93%), Vitamin E: 1.12mg (7.48%), Vitamin C: 4.15mg (5.03%), Calcium: 45.61mg (4.56%), Vitamin B2: 0.07mg (4.38%), Magnesium: 17.42mg (4.35%), Iron: 0.56mg (3.12%), Potassium: 105mg (3%), Selenium: 2.06µg (2.95%), Fiber: 0.69g (2.76%), Phosphorus: 26.04mg (2.6%), Vitamin B6: 0.04mg (2.16%), Copper: 0.04mg (1.95%), Vitamin B1: 0.03mg (1.67%), Zinc: 0.21mg (1.39%), Vitamin B5: 0.11mg (1.06%)