



Easy Spinach Dip



Gluten Free



READY IN

ready

30 min.

SERVINGS

servings

3

CALORIES

calories

681 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



10 slices bacon



8 ounce cream cheese



10 ounce pkt spinach frozen thawed drained chopped



0.3 teaspoon garlic powder



0.3 cup green onions chopped



0.3 teaspoon ground cumin



0.3 teaspoon ground pepper black



0.5 cup salsa

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 1 cup tomatoes diced

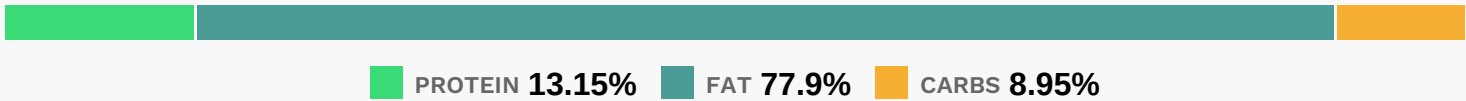
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ In a medium saucepan over medium heat, cook and stir the spinach, salsa, cream cheese and green onions until the cream cheese has melted.
- ☐ Mix in the crumbled bacon and tomatoes.
- ☐ Remove from heat.
- ☐ Mix in the mozzarella cheese, cumin, salt, pepper and garlic powder.

Nutrition Facts



Properties

Glycemic Index:55.33, Glycemic Load:1.94, Inflammation Score:-10, Nutrition Score:29.894348071969%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 680.73kcal (34.04%), Fat: 60.07g (92.42%), Saturated Fat: 27.55g (172.17%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 11.04g (4.02%), Sugar: 6.88g (7.64%), Cholesterol: 139.5mg (46.5%), Sodium: 1392.6mg (60.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.83g (45.65%), Vitamin K: 382.58µg (364.36%), Vitamin A: 12985.02IU (259.7%), Selenium: 30.62µg (43.74%), Manganese: 0.84mg (42.02%), Folate: 161.59µg

(40.4%), Phosphorus: 330.9mg (33.09%), Calcium: 320.87mg (32.09%), Vitamin B2: 0.53mg (31.25%), Vitamin E: 4.61mg (30.72%), Vitamin B6: 0.54mg (26.75%), Magnesium: 105.49mg (26.37%), Potassium: 854.54mg (24.42%), Vitamin B1: 0.36mg (23.75%), Vitamin B3: 4.37mg (21.83%), Vitamin C: 14.93mg (18.1%), Fiber: 4.49g (17.95%), Zinc: 2.55mg (17%), Vitamin B12: 0.96µg (15.98%), Iron: 2.88mg (15.97%), Copper: 0.25mg (12.72%), Vitamin B5: 1.1mg (10.97%), Vitamin D: 0.37µg (2.45%)