



Easy Spinach Dip Wreath

 Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

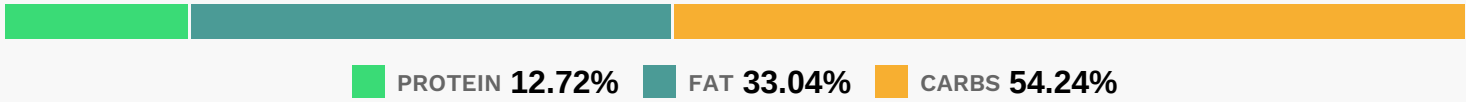
- ☐ 1 sourdough bread (9 inches in diameter)
- ☐ 1.5 cups gorgonzola dip
- ☐ 1 sprig rosemary
- ☐ 1 serving and/or cherry tomatoes yellow miniature
- ☐ 1 serving cranberries
- ☐ 1 pieces bell pepper red

Equipment

Directions

- ☐ Cut and hollow out 3-inch-wide ring on top of bread loaf to within 1/2 inch of bottom, leaving center of loaf intact. Reserve scooped-out bread.
- ☐ Spoon spinach dip into hollowed-out ring. Arrange rosemary sprigs around outer edge of wreath. Decorate with cherry tomatoes and cranberries.
- ☐ Cut bow shape from bell pepper; place on wreath. Cover and refrigerate until serving time.
- ☐ Tear remaining loaf of bread into bite-size pieces. Use torn bread and reserved scooped-out bread for dipping.

Nutrition Facts



Properties

Glycemic Index:18.96, Glycemic Load:15.11, Inflammation Score:-2, Nutrition Score:4.7417390876166%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 161.93kcal (8.1%), Fat: 5.85g (8.99%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 20.75g (7.54%), Sugar: 3.72g (4.14%), Cholesterol: 0mg (0%), Sodium: 394.87mg (17.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.13%), Vitamin B1: 0.27mg (17.88%), Selenium: 10.8µg (15.42%), Folate: 46.52µg (11.63%), Manganese: 0.2mg (9.92%), Vitamin B2: 0.16mg (9.49%), Vitamin B3: 1.82mg (9.11%), Iron: 1.48mg (8.22%), Calcium: 59.19mg (5.92%), Phosphorus: 39.7mg (3.97%), Fiber: 0.84g (3.36%), Magnesium: 12.12mg (3.03%), Copper: 0.06mg (2.88%), Zinc: 0.39mg (2.62%), Vitamin B6: 0.04mg (2.04%), Potassium: 44.7mg (1.28%), Vitamin B5: 0.13mg (1.27%)