



## Festive Spinach Queso Dip

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup daisy brand cream sour
- 10 ounces pkt spinach frozen drained chopped well
- 0.5 teaspoon garlic powder
- 1 cup milk
- 1 pound monterrey jack cheese cubed
- 1 medium onion chopped
- 0.5 teaspoon pepper
- 0.5 pound pepper jack cheese hot cubed

- 2 ounces pimento peppers drained
- 0.1 teaspoon salt

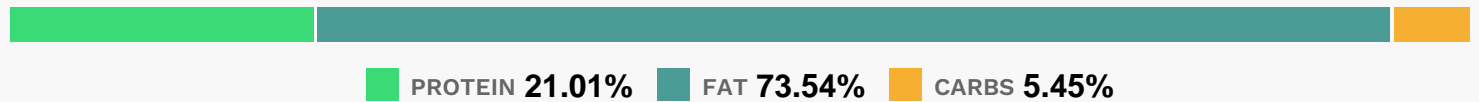
## Equipment

- bowl
- microwave

## Directions

- Mix all of the ingredients, except for the sour cream, in a large bowl. Microwave on low heat, stirring often until the cheese melts and the mixture is smooth. 7-10 minutes before serving, stir in the sour cream.

## Nutrition Facts



## Properties

Glycemic Index:20.1, Glycemic Load:0.9, Inflammation Score:-10, Nutrition Score:19.854347923528%

## Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

## Nutrients (% of daily need)

Calories: 364.3kcal (18.22%), Fat: 30.19g (46.44%), Saturated Fat: 18.94g (118.4%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 3.85g (1.4%), Sugar: 3.05g (3.39%), Cholesterol: 90.38mg (30.13%), Sodium: 475.49mg (20.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.82%), Vitamin K: 108.78µg (103.6%), Vitamin A: 4388.18IU (87.76%), Calcium: 593.37mg (59.34%), Phosphorus: 359.59mg (35.96%), Vitamin B2: 0.41mg (24.4%), Selenium: 12.85µg (18.36%), Zinc: 2.39mg (15.96%), Folate: 56.88µg (14.22%), Vitamin B12: 0.73µg (12.24%), Manganese: 0.24mg (12.1%), Magnesium: 46.01mg (11.5%), Vitamin C: 8.41mg (10.2%), Vitamin E: 1.28mg (8.55%), Vitamin B6: 0.16mg (7.83%), Vitamin D: 1.06µg (7.05%), Potassium: 242.54mg (6.93%), Iron: 1.21mg (6.71%), Fiber: 1.18g (4.71%), Vitamin B1: 0.06mg (4.15%), Copper: 0.08mg (3.77%), Vitamin B5: 0.34mg (3.38%), Vitamin B3: 0.31mg (1.53%)