






 **26%**
HEALTH SCORE

Mediterranean Spinach Artichoke Dip

 **Gluten Free**

READY IN

45 min.

SERVINGS

8

CALORIES

118 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 10 ounces spinach frozen thawed drained chopped
- 8 ounces artichoke hearts finely chopped
- 5 ounces neufchatel cheese softened
- 0.5 cup nonfat greek yogurt plain at room temperature
- 0.5 cup monterrey jack cheese shredded low fat (or reduced fat)
- 2 tablespoons parmesan finely grated
- 0.3 cup sun-dried olives dried chopped (preserved in olive oil)
- 0.3 cup shallots finely chopped

- 2 garlic clove whole finely minced
- 0.3 teaspoon thyme dried
- 0.3 teaspoon paprika
- 1 tablespoon sun-dried olives dried
- 8 servings salt and pepper to taste

Equipment

- bowl
- frying pan
- oven
- ramekin
- broiler

Directions

- Preheat oven to 350 degrees.
- In a large skillet, heat the oil from the sun dried tomatoes.
- Add shallots and cook until translucent.
- Add garlic and cook for an additional minute.
- Add sun dried tomatoes, artichoke hearts, and dried thyme. Stir and cook for 2-3 minutes before adding the spinach. Cook for an additional few minutes and then transfer all items into a large bowl.
- Add Neufchatel, Greek Yogurt, Monterey Jack Cheese and paprika to the spinach mixture. Season with salt and pepper.
- Combine well. Lightly cover ramekins or other baking dishes with cooking spray. Spoon spinach mixture into the dishes and sprinkle the tops with Parmesan Cheese.
- Bake for 20-25 minutes and then turn the broiler on. Broil the tops until they are golden brown.
- Serve with chips, bread slices, crackers, or vegetable sticks.

Nutrition Facts



■ PROTEIN 24.3% ■ FAT 50.85% ■ CARBS 24.85%

Properties

Glycemic Index:27, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:15.311304347826%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 117.7kcal (5.89%), Fat: 6.89g (10.6%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 5.32g (1.94%), Sugar: 3.59g (3.99%), Cholesterol: 20.87mg (6.96%), Sodium: 456.19mg (19.83%), Protein: 7.41g (14.82%), Vitamin K: 134.73µg (128.31%), Vitamin A: 4436.76IU (88.74%), Manganese: 0.37mg (18.33%), Calcium: 157.22mg (15.72%), Folate: 61.51µg (15.38%), Phosphorus: 119.15mg (11.92%), Vitamin B2: 0.2mg (11.57%), Magnesium: 41.99mg (10.5%), Potassium: 342.8mg (9.79%), Fiber: 2.25g (9%), Selenium: 5.63µg (8.04%), Vitamin E: 1.15mg (7.64%), Iron: 1.29mg (7.15%), Vitamin B6: 0.13mg (6.64%), Copper: 0.13mg (6.39%), Vitamin C: 4.38mg (5.31%), Zinc: 0.78mg (5.2%), Vitamin B1: 0.07mg (4.62%), Vitamin B12: 0.21µg (3.57%), Vitamin B3: 0.65mg (3.24%), Vitamin B5: 0.31mg (3.09%)