



Florentine Artichoke Dip

READY IN



45 min.

SERVINGS



4

CALORIES



816 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cup breadcrumbs french homemade ()
- ☐ 2 tablespoons butter melted
- ☐ 8 oz cream cheese softened
- ☐ 10 oz spinach frozen chopped
- ☐ 3 large garlic clove pressed
- ☐ 2 tablespoons juice of lemon
- ☐ 12 oz marinated artichoke drained chopped
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup parmesan shredded

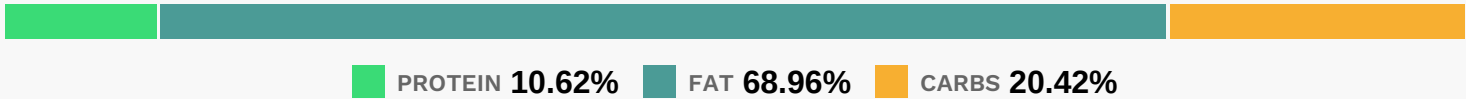
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Drain spinach, press between layers of paper towel to remove excess moisture.
- ☐ Combine spinach, artichoke hearts, and next 5 ingredients in a bowl, stirring well.
- ☐ Spoon into a lightly greased 11"x7" baking dish.
- ☐ Combine bread crumbs and butter; sprinkle over spinach mixture.
- ☐ Bake, uncovered, at 375 for 25 minutes.
- ☐ Serve with assorted crackers, bagel chips or breadsticks.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:29.862174034119%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 816.26kcal (40.81%), Fat: 62.78g (96.58%), Saturated Fat: 21.37g (133.58%), Carbohydrates: 41.81g (13.94%), Net Carbohydrates: 36.16g (13.15%), Sugar: 6.53g (7.25%), Cholesterol: 86.03mg (28.68%), Sodium: 1494.89mg (65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.51%), Vitamin K: 313.62µg (298.68%), Vitamin A: 10387.11IU (207.74%), Calcium: 542.41mg (54.24%), Manganese: 0.92mg (46.14%), Folate:

155.99µg (39%), Selenium: 25.93µg (37.04%), Phosphorus: 347.25mg (34.73%), Vitamin B1: 0.49mg (32.72%), Vitamin B2: 0.55mg (32.17%), Vitamin C: 25.38mg (30.76%), Vitamin E: 3.78mg (25.19%), Iron: 4.28mg (23.77%), Fiber: 5.65g (22.59%), Magnesium: 88.18mg (22.04%), Vitamin B3: 3.19mg (15.95%), Zinc: 2.03mg (13.51%), Vitamin B6: 0.26mg (12.98%), Potassium: 447.73mg (12.79%), Copper: 0.24mg (11.84%), Vitamin B12: 0.61µg (10.12%), Vitamin B5: 0.8mg (8.04%), Vitamin D: 0.18µg (1.21%)