

Fresh Spinach Dip

READY IN



170 min.

SERVINGS



10

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 ounces baby spinach washed
- 0.5 teaspoon pepper black as needed freshly ground plus more
- 0.5 cup carrots shredded finely chopped (from 1 medium carrot)
- 2 medium garlic clove finely chopped
- 1 teaspoon kosher salt as needed plus more
- 1 teaspoon juice of lemon freshly squeezed
- 0.5 cup mayonnaise
- 2 tablespoons olive oil
- 1 sticks round buttery crackers thick-cut for serving

- 2 medium spring onion light white green finely chopped (and parts only)
- 1 cup cream sour
- 2 teaspoons worcestershire sauce
- 0.5 cup onion yellow

Equipment

- bowl
- frying pan
- paper towels
- ladle
- sieve
- tongs
- cutting board

Directions

- Place a quadruple layer of paper towels on a cutting board and set aside.
- Place a fine-mesh strainer in the sink.
- Heat the oil in a large straight-sided frying pan over medium heat until shimmering.
- Add the carrot, onion, garlic, measured salt, and measured pepper and stir to combine. Cook, stirring occasionally, until the vegetables have softened, about 6 minutes.
- Transfer to a large bowl and set aside. Return the pan to medium heat, add half of the spinach, season with salt and pepper, and stir to combine. Cook, tossing occasionally with tongs, until the spinach is completely wilted, about 4 minutes.
- Add the remaining spinach and cook, tossing occasionally, until completely wilted, about 3 minutes more.
- Transfer the spinach to the strainer in the sink. Using a ladle, press on the spinach to squeeze out as much liquid as possible.
- Place the spinach on the layered paper towels, cover with a second quadruple layer of paper towels, and press any additional liquid out of the leaves. Discard the paper towels, finely chop the spinach, and transfer it to the bowl with the vegetables.

- Add the scallions, sour cream, mayonnaise, Worcestershire, and lemon juice and stir to combine. Cover tightly and refrigerate until the flavors meld and the dip is thoroughly chilled, about 2 hours. Taste and season with salt and pepper as needed, then transfer to a serving dish.
- Serve with saltine or Ritz crackers, crostini, carrot sticks, celery sticks, or thick-cut potato chips.

Nutrition Facts



PROTEIN 5.83%

FAT 81.91%

CARBS 12.26%

Properties

Glycemic Index:24.98, Glycemic Load:0.77, Inflammation Score:-10, Nutrition Score:16.736956468095%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 168.95kcal (8.45%), Fat: 15.92g (24.49%), Saturated Fat: 4.07g (25.43%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 3.68g (1.34%), Sugar: 1.95g (2.16%), Cholesterol: 18.27mg (6.09%), Sodium: 377.47mg (16.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Vitamin K: 301.47µg (287.11%), Vitamin A: 6568.07IU (131.36%), Folate: 116.9µg (29.22%), Manganese: 0.56mg (28.01%), Vitamin C: 18.21mg (22.07%), Vitamin E: 2.08mg (13.84%), Magnesium: 49.9mg (12.48%), Potassium: 401.86mg (11.48%), Iron: 1.76mg (9.79%), Vitamin B2: 0.16mg (9.35%), Calcium: 89.54mg (8.95%), Vitamin B6: 0.15mg (7.46%), Fiber: 1.68g (6.73%), Phosphorus: 55.39mg (5.54%), Copper: 0.09mg (4.72%), Vitamin B1: 0.06mg (4.15%), Zinc: 0.45mg (2.97%), Vitamin B3: 0.54mg (2.69%), Selenium: 1.84µg (2.63%), Vitamin B5: 0.17mg (1.69%), Vitamin B12: 0.06µg (1.03%)