



Garlicky Spinach Dip with Hearts of Palm

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



22

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces asiago cheese divided grated
- ☐ 6.5 ounce alouette garlic & herbs spreadable cheese light (such as Alouette)
- ☐ 22 6-inch corn tortillas cut into 8 wedges ()
- ☐ 8 ounce weight cream cheese fat-free softened
- ☐ 1 tablespoon garlic fresh minced
- ☐ 14 ounce hearts of palm drained chopped canned
- ☐ 5 ounces part-skim mozzarella cheese shredded
- ☐ 1 teaspoon salt

- ☐ 0.5 cup cream fat-free sour
- ☐ 10 ounce spinach frozen dry thawed drained chopped

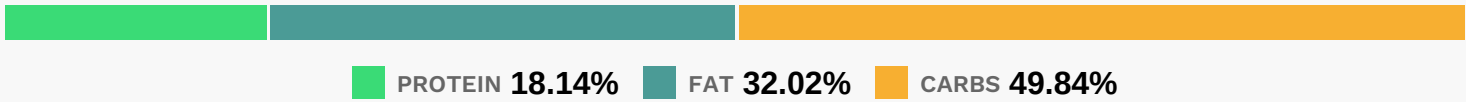
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ To prepare chips, arrange tortilla wedges in a single layer on baking sheets coated with cooking spray. Lightly coat wedges with cooking spray; sprinkle evenly with salt.
- ☐ Bake at 375 for 15 minutes or until wedges are crisp and lightly browned.
- ☐ Reduce oven temperature to 35
- ☐ To prepare dip, combine mozzarella, 1/4 cup Asiago, sour cream, and remaining ingredients, stirring until well blended. Spoon spinach mixture into a 1 1/2-quart baking dish coated with cooking spray.
- ☐ Sprinkle with remaining 1/4 cup Asiago.
- ☐ Bake at 350 for 40 minutes or until bubbly and lightly browned.
- ☐ Serve warm with chips.

Nutrition Facts



Properties

Glycemic Index:4.89, Glycemic Load:5.09, Inflammation Score:-8, Nutrition Score:10.189130470157%

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: 152kcal (7.6%), Fat: 5.56g (8.55%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 17.18g (6.25%), Sugar: 4.09g (4.55%), Cholesterol: 16.69mg (5.56%), Sodium: 335.96mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin K: 48.11µg (45.82%), Vitamin A: 1593.76IU (31.88%), Phosphorus: 220.37mg (22.04%), Calcium: 165.27mg (16.53%), Potassium: 463.42mg (13.24%), Vitamin B6: 0.24mg (12.14%), Zinc: 1.52mg (10.13%), Manganese: 0.18mg (9.24%), Fiber: 2.29g (9.16%), Copper: 0.18mg (9.15%), Magnesium: 35.69mg (8.92%), Vitamin B2: 0.14mg (8.35%), Folate: 29.27µg (7.32%), Selenium: 4.83µg (6.9%), Iron: 0.93mg (5.17%), Vitamin E: 0.55mg (3.69%), Vitamin B1: 0.05mg (3.65%), Vitamin B3: 0.66mg (3.31%), Vitamin B12: 0.2µg (3.29%), Vitamin C: 2.27mg (2.75%), Vitamin B5: 0.15mg (1.46%)