



Halloween Mummy Spinach Dip

 Popular

READY IN



155 min.

SERVINGS



18

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup knudsen cream light sour
- 1 eggs beaten
- 10 oz pkt spinach frozen thawed drained chopped well
- 1 green onion sliced
- 0.3 tsp ground pepper black
- 2 slices olive black
- 0.3 cup parmesan cheese grated kraft
- 16 oz pizza dough frozen thawed

- 0.3 cup lite ranch dressing kraft
- 0.5 cup pasilla peppers red finely chopped
- 2 sticks polly-o mozzarella string cheese kraft
- 18 servings wheat snack crackers thin

Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- Pat dough into 12x6-inch oval on baking sheet sprayed with cooking spray. Indent dough, about 3 inches from one end of oval, for the mummy's head.
- Let rise in warm place 20 min. or until doubled in volume.
- Heat oven to 375F.
- Brush dough with egg.
- Bake 18 to 20 min. or until bread is golden brown and sounds hollow when tapped lightly. Pull apart string cheese to make about 16 strips; arrange on bread for the mummy's wrappings.
- Bake 1 to 2 min. or just until cheese is melted; cool slightly. Press olive slices into bread for the mummy's eyes; cool completely.
- Meanwhile, mix sour cream and dressing in medium bowl until blended. Stir in next 5 ingredients. Refrigerate 30 min. or until ready to serve.
- Use sharp knife to remove bread from top of mummy's body; scoop out bread from center, leaving thin shell on bottom and side. (Reserve bread top. Discard removed bread or reserve for another use.) Fill bread with spinach dip just before serving; cover with top of bread.
- Serve with crackers. (Nutrition information is for dip and crackers only.)

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.07, Inflammation Score:-8, Nutrition Score:10.339130342007%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 253.25kcal (12.66%), Fat: 11.66g (17.94%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 28.18g (10.25%), Sugar: 5.32g (5.92%), Cholesterol: 19.23mg (6.41%), Sodium: 422.52mg (18.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.92%), Vitamin K: 66.44µg (63.28%), Vitamin A: 2138.23IU (42.76%), Fiber: 3.11g (12.44%), Calcium: 117.65mg (11.77%), Selenium: 8.12µg (11.6%), Manganese: 0.2mg (9.84%), Iron: 1.69mg (9.41%), Folate: 37.52µg (9.38%), Phosphorus: 83.11mg (8.31%), Vitamin B2: 0.14mg (8.15%), Vitamin C: 6.71mg (8.13%), Vitamin E: 0.93mg (6.2%), Vitamin B1: 0.08mg (5.17%), Magnesium: 20.52mg (5.13%), Vitamin B12: 0.3µg (4.94%), Copper: 0.09mg (4.33%), Zinc: 0.6mg (3.97%), Potassium: 138.94mg (3.97%), Vitamin B6: 0.07mg (3.47%), Vitamin B3: 0.69mg (3.46%), Vitamin B5: 0.15mg (1.53%)