



Healthified Spinach Dip in a Bread Bowl

 Vegetarian

READY IN



80 min.

SERVINGS



72

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb bread whole wheat 100%
- 8 oz water chestnuts drained sliced chopped canned
- 2 teaspoons tarragon fresh chopped
- 18 oz spinach green frozen chopped giant®
- 1 clove garlic finely chopped
- 1 cup greek yogurt plain fat-free
- 1 cup spring onion chopped
- 0.5 teaspoon ground mustard

1 cup cream sour low-fat

0.3 teaspoon pepper

Equipment

bowl

serrated knife

Directions

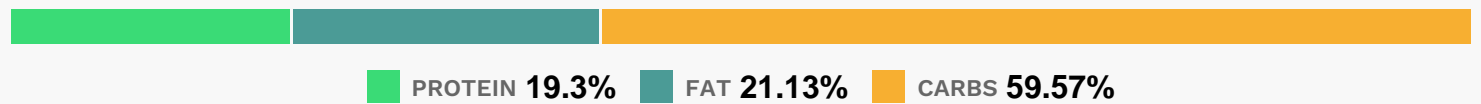
Cook spinach as directed on boxes; cool. Squeeze water from spinach; discard water. In large bowl, mix all ingredients except bread. Cover and refrigerate at least 1 hour to blend flavors.

Just before serving, cut 1- to 2-inch slice from top of loaf. Hollow out loaf by cutting along edge with serrated knife, leaving 1-inch shell, and pulling out large chunks of bread.

Cut or tear top slice and hollowed-out bread into bite-size pieces.

Place hollowed-out loaf on serving plate; fill with spinach dip. Arrange bread pieces around loaf to use for dipping.

Nutrition Facts



Properties

Glycemic Index:3.09, Glycemic Load:1.65, Inflammation Score:-6, Nutrition Score:3.888695679605%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 28.57kcal (1.43%), Fat: 0.69g (1.06%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 3.75g (1.36%), Sugar: 0.66g (0.73%), Cholesterol: 1.26mg (0.42%), Sodium: 39.34mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin K: 29.59µg (28.18%), Vitamin A: 858.01IU (17.16%), Manganese: 0.14mg (6.94%), Folate: 17.53µg (4.38%), Selenium: 2.69µg (3.85%), Vitamin B2: 0.05mg (2.74%), Calcium: 26.57mg (2.66%), Fiber: 0.62g (2.5%), Iron: 0.45mg (2.49%), Vitamin B1: 0.04mg (2.41%), Magnesium: 9.32mg (2.33%), Vitamin B3: 0.43mg (2.14%), Phosphorus: 19.47mg (1.95%), Vitamin E: 0.26mg (1.74%), Vitamin B6: 0.03mg (1.61%), Potassium: 55.76mg (1.59%), Copper: 0.03mg (1.36%), Zinc: 0.16mg (1.09%)