



Healthified Spinach Dip with Artichokes

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 4 oz baby spinach fresh packed
- 1 teaspoon basil dried
- 0.3 cup skim milk fat-free (skim)
- 2 cloves garlic finely chopped
- 0.3 cup mayonnaise reduced-fat
- 1 oz parmesan shredded

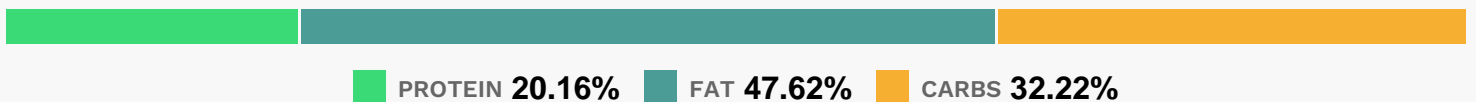
Equipment

- bowl
- paper towels
- oven
- baking pan
- microwave
- glass baking pan

Directions

- Heat oven to 350°F. Spray 1-quart shallow glass baking dish or 9-inch glass pie plate with cooking spray.
- Place spinach in 2-quart microwavable casserole; add 1/4 cup water. Cover; microwave on High 2 minutes.
- Drain well, pressing spinach with paper towels to remove excess liquid. Chop spinach.
- In large bowl, beat cream cheese with spoon until smooth. Beat in mayonnaise, 3 tablespoons of the Parmesan cheese, the milk, garlic and basil until well blended. Stir in spinach and artichokes.
- Spread evenly in baking dish.
- Sprinkle with remaining tablespoon cheese.
- Bake 20 to 25 minutes or until thoroughly heated.
- Serve with baguette slices or raw vegetables.

Nutrition Facts



Properties

Glycemic Index:12.23, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:5.6295652570932%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 39.42kcal (1.97%), Fat: 2.03g (3.13%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.18g (0.79%), Sugar: 0.89g (0.99%), Cholesterol: 3.01mg (1%), Sodium: 249.92mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Vitamin K: 59.55µg (56.72%), Vitamin A: 1102.69IU (22.05%), Manganese: 0.12mg (6.13%), Folate: 22.87µg (5.72%), Calcium: 56.54mg (5.65%), Vitamin C: 3.37mg (4.09%), Fiber: 0.91g (3.64%), Phosphorus: 33.82mg (3.38%), Magnesium: 11.91mg (2.98%), Vitamin E: 0.37mg (2.47%), Iron: 0.44mg (2.44%), Vitamin B2: 0.04mg (2.4%), Potassium: 82.89mg (2.37%), Vitamin B6: 0.04mg (1.86%), Selenium: 1.11µg (1.58%), Zinc: 0.18mg (1.22%), Vitamin B12: 0.07µg (1.16%), Copper: 0.02mg (1.04%), Vitamin B1: 0.02mg (1.01%)