



Hot Artichoke and Spinach Dip II

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 cup pkt spinach frozen thawed drained chopped
- ☐ 1 clove garlic minced peeled
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.3 cup romano cheese grated
- ☐ 12 servings salt and pepper to taste
- ☐ 0.3 cup mozzarella cheese shredded

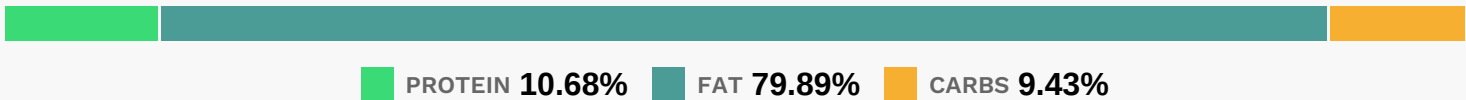
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a small baking dish.
- ☐ In a medium bowl, mix together cream cheese, mayonnaise, Parmesan cheese, Romano cheese, garlic, basil, garlic salt, salt and pepper. Gently stir in artichoke hearts and spinach.
- ☐ Transfer the mixture to the prepared baking dish. Top with mozzarella cheese.
- ☐ Bake in the preheated oven 25 minutes, until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:4.574347799239%

Nutrients (% of daily need)

Calories: 131.7kcal (6.59%), Fat: 11.7g (18%), Saturated Fat: 5.35g (33.46%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.39g (0.87%), Sugar: 1.08g (1.2%), Cholesterol: 26.87mg (8.96%), Sodium: 534.31mg (23.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin K: 33.04µg (31.46%), Vitamin A: 1061.82IU (21.24%), Calcium: 80.99mg (8.1%), Phosphorus: 62.19mg (6.22%), Selenium: 3.59µg (5.13%), Vitamin B2: 0.08mg (4.78%), Vitamin E: 0.53mg (3.52%), Manganese: 0.06mg (3%), Folate: 11.93µg (2.98%), Fiber: 0.72g (2.88%), Vitamin B12: 0.15µg (2.53%), Zinc: 0.36mg (2.38%), Magnesium: 9.04mg (2.26%), Potassium: 57.92mg (1.65%), Vitamin B6: 0.03mg (1.51%), Vitamin B5: 0.14mg (1.43%), Iron: 0.23mg (1.29%)