



Hot Artichoke Spinach Dip



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained canned
- 10 ounce pkt spinach frozen thawed drained chopped
- 0.5 teaspoon garlic minced
- 0.3 cup heavy cream
- 0.3 cup parmesan cheese grated
- 0.3 cup romano cheese grated
- 1 cup mozzarella cheese shredded
- 0.5 cup cup heavy whipping cream sour

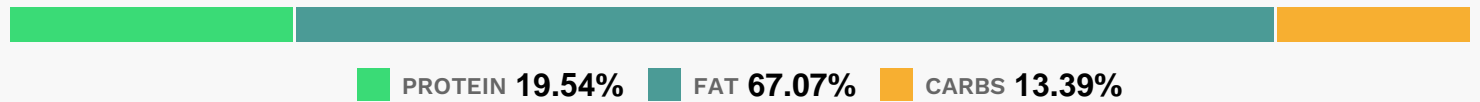
Equipment

- food processor
- bowl
- oven
- blender
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- In a blender or food processor, place artichoke hearts, Romano cheese, Parmesan cheese and garlic . Pulse until chopped, but not ground. Set aside.
- In a medium bowl, mix together spinach, heavy cream, sour cream and mozzarella cheese. Stir in artichoke mixture. Spoon into prepared baking dish.
- Bake in the preheated oven for 20 to 25 minutes, or until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:21.431304320045%

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: 310.93kcal (15.55%), Fat: 23.4g (35.99%), Saturated Fat: 13.57g (84.83%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 6.92g (2.52%), Sugar: 3.14g (3.49%), Cholesterol: 75.6mg (25.2%), Sodium: 818.08mg (35.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.33g (30.67%), Vitamin K: 265.66µg (253.01%), Vitamin A: 9059.29IU (181.19%), Calcium: 419.55mg (41.96%), Phosphorus: 270.73mg (27.07%), Folate: 108.21µg (27.05%), Manganese: 0.52mg (26.2%), Vitamin B2: 0.38mg (22.14%), Selenium: 14.12µg (20.17%), Magnesium: 68.72mg (17.18%), Vitamin E: 2.45mg (16.34%), Vitamin B12: 0.91µg (15.14%), Fiber: 3.59g (14.37%), Zinc: 1.85mg (12.31%), Potassium: 341.45mg (9.76%), Iron: 1.6mg (8.9%), Vitamin B6: 0.17mg (8.39%), Vitamin B1: 0.09mg (6.02%), Copper:

0.12mg (5.93%), Vitamin C: 4.39mg (5.32%), Vitamin D: 0.5µg (3.35%), Vitamin B5: 0.31mg (3.11%), Vitamin B3:
0.44mg (2.21%)