



Hot Spinach and Artichoke Dip

 **Gluten Free**  **Popular**

READY IN



30 min.

SERVINGS



6

CALORIES



563 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices bacon
- 5 ounce garlic-herb cheese spread flavored
- 10 ounce pkt spinach frozen thawed drained chopped
- 14 ounce marinated artichoke hearts drained quartered canned
- 0.5 cup mayonnaise
- 1 cup parmesan cheese grated
- 8 ounce cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain and crumble into a medium bowl.
- Mix spinach, artichoke hearts, garlic-herb flavored cheese spread, Parmesan cheese, sour cream and mayonnaise into the bowl with bacon.
- Scoop mixture into a 7x11 inch baking dish.
- Bake in the preheated oven 20 minutes, or until bubbly and lightly browned.

Nutrition Facts

■ PROTEIN 9.26% ■ FAT 82.53% ■ CARBS 8.21%

Properties

Glycemic Index:8.33, Glycemic Load:0.05, Inflammation Score:-10, Nutrition Score:19.660434821378%

Nutrients (% of daily need)

Calories: 562.9kcal (28.14%), Fat: 52.04g (80.07%), Saturated Fat: 17.79g (111.18%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 8.96g (3.26%), Sugar: 2.38g (2.64%), Cholesterol: 89.68mg (29.89%), Sodium: 1030.83mg (44.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.28%), Vitamin K: 207.04µg (197.18%), Vitamin A: 6604.57IU (132.09%), Calcium: 262.65mg (26.27%), Selenium: 16.39µg (23.42%), Vitamin C: 16.83mg (20.4%), Phosphorus: 203.71mg (20.37%), Folate: 72.71µg (18.18%), Manganese: 0.36mg (17.77%), Vitamin E: 2.34mg (15.58%), Vitamin B2: 0.25mg (14.95%), Magnesium: 48.76mg (12.19%), Fiber: 2.69g (10.77%), Zinc: 1.49mg (9.9%), Vitamin B6: 0.19mg (9.49%), Vitamin B1: 0.14mg (9.29%), Iron: 1.63mg (9.06%), Potassium: 303.21mg (8.66%), Vitamin B12: 0.47µg (7.89%), Vitamin B3: 1.47mg (7.34%), Copper: 0.1mg (4.87%), Vitamin B5: 0.42mg (4.2%), Vitamin D: 0.24µg (1.59%)