



## Hot Spinach and Artichoke Dip

 **Gluten Free**  **Popular**

READY IN



15 min.

SERVINGS



12

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 ounces cream cheese
- 1.5 cups artichoke hearts frozen thawed chopped
- 1 cup pkt spinach frozen thawed chopped
- 0.3 teaspoon garlic powder
- 0.3 cup mayonnaise
- 0.3 cup parmesan grated
- 0.5 teaspoon pepper flakes red
- 0.3 teaspoon salt

0.3 cup cup heavy whipping cream sour

## Equipment

microwave

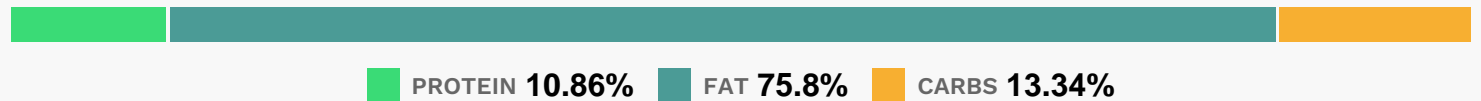
## Directions

Watch how to make this recipe.

Boil spinach and artichokes in 1 cup of water until tender and drain. Discard liquid.

Heat cream cheese in microwave for 1 minute or until hot and soft. Stir in rest of ingredients and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:9.08, Glycemic Load:0.25, Inflammation Score:-8, Nutrition Score:7.8086956337742%

## Nutrients (% of daily need)

Calories: 117.17kcal (5.86%), Fat: 10.23g (15.73%), Saturated Fat: 4.39g (27.41%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 2.48g (0.9%), Sugar: 0.84g (0.93%), Cholesterol: 20.99mg (7%), Sodium: 193.5mg (8.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin K: 56.47µg (53.78%), Vitamin A: 1839.58IU (36.79%), Folate: 58.16µg (14.54%), Manganese: 0.17mg (8.43%), Calcium: 74.59mg (7.46%), Vitamin B2: 0.12mg (7.19%), Phosphorus: 63.1mg (6.31%), Fiber: 1.57g (6.26%), Magnesium: 20.93mg (5.23%), Vitamin E: 0.71mg (4.72%), Selenium: 3µg (4.29%), Potassium: 148.89mg (4.25%), Vitamin B6: 0.06mg (3.11%), Vitamin C: 2.33mg (2.82%), Iron: 0.46mg (2.57%), Vitamin B1: 0.04mg (2.37%), Zinc: 0.34mg (2.29%), Copper: 0.04mg (2.05%), Vitamin B5: 0.19mg (1.87%), Vitamin B3: 0.36mg (1.78%), Vitamin B12: 0.08µg (1.34%)