



Hot Spinach and Artichoke Dip



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



341 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained coarsely chopped canned
- ☐ 4 ounces cream cheese room temperature
- ☐ 10 ounce pkt spinach frozen thawed drained coarsely chopped
- ☐ 1 clove garlic grated
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 0.3 cup mozzarella cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour

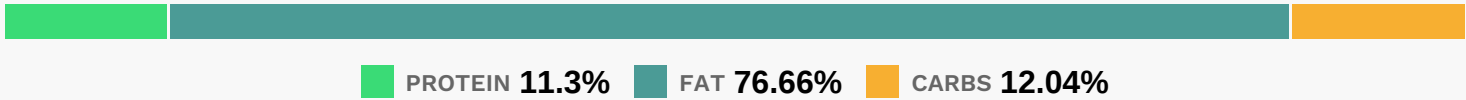
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix everything, place it is a baking dish and bake in a preheated 350F oven until the sides are bubbling and the cheese cheese has melted and turned golden brown on top, about 20–30 minutes.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:0.63, Inflammation Score:-10, Nutrition Score:19.218260850595%

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: 341.42kcal (17.07%), Fat: 29.39g (45.21%), Saturated Fat: 12.24g (76.53%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 6.78g (2.47%), Sugar: 3.48g (3.87%), Cholesterol: 61.26mg (20.42%), Sodium: 749.78mg (32.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.5%), Vitamin K: 287.78µg (274.07%), Vitamin A: 8975.81IU (179.52%), Folate: 108.69µg (27.17%), Manganese: 0.52mg (26.11%), Calcium: 259.79mg (25.98%), Vitamin E: 2.9mg (19.3%), Vitamin B2: 0.32mg (18.61%), Phosphorus: 159.15mg (15.92%), Magnesium: 63.06mg (15.76%), Selenium: 10.78µg (15.4%), Fiber: 3.6g (14.4%), Potassium: 335.46mg (9.58%), Iron: 1.51mg (8.42%), Vitamin B6: 0.17mg (8.41%), Zinc: 1.04mg (6.93%), Vitamin B12: 0.37µg (6.24%), Copper: 0.12mg (6%), Vitamin B1: 0.09mg (5.76%), Vitamin C: 4.39mg (5.32%), Vitamin B5: 0.39mg (3.92%), Vitamin B3: 0.44mg (2.21%)