



WHATSheATE



Hot Spinach-Artichoke Dip



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



516 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 27.5 ounce artichoke hearts canned
- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup parmesan freshly grated
- ☐ 1 cup pepper jack cheese grated
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

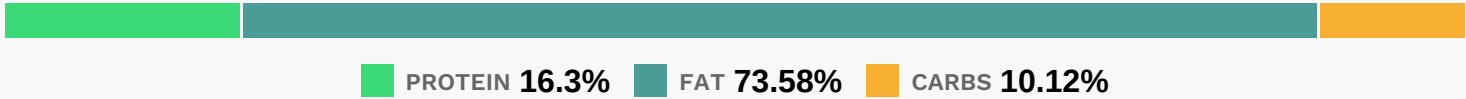
- ☐ food processor

- ☐ bowl
- ☐ oven
- ☐ casserole dish
- ☐ microwave

Directions

- ☐ Preheat the oven to 350 degrees F. Grease a casserole dish with nonstick spray.
- ☐ Heat the spinach in a microwave oven on high for 5 minutes and squeeze dry.
- ☐ Drain the artichoke hearts and coarsely chop in a food processor.
- ☐ Combine all the ingredients except the jack cheese in a large bowl. Stir well.
- ☐ Scrape into the prepared casserole dish and sprinkle the jack cheese on top.
- ☐ Bake for 30 minutes.
- ☐ Transfer to a chafing dish and keep warm over a low flame.
- ☐ Serve with bagel chips.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:23.4130433953333%

Nutrients (% of daily need)

Calories: 516.23kcal (25.81%), Fat: 41.94g (64.53%), Saturated Fat: 15.71g (98.17%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 7.92g (2.88%), Sugar: 3.44g (3.83%), Cholesterol: 70.86mg (23.62%), Sodium: 1528.8mg (66.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.9g (41.81%), Vitamin K: 310.85µg (296.05%), Vitamin A: 8920.47IU (178.41%), Calcium: 629.45mg (62.94%), Phosphorus: 361.39mg (36.14%), Folate: 112.73µg (28.18%), Manganese: 0.51mg (25.61%), Vitamin B2: 0.41mg (23.86%), Selenium: 15.68µg (22.4%), Vitamin E: 3.21mg (21.41%), Fiber: 5.06g (20.23%), Magnesium: 74.94mg (18.73%), Zinc: 2.07mg (13.79%), Vitamin B12: 0.63µg (10.47%), Iron: 1.83mg (10.15%), Potassium: 332.64mg (9.5%), Vitamin B6: 0.18mg (9.05%), Copper: 0.13mg (6.48%), Vitamin B1: 0.09mg (5.94%), Vitamin C: 4.16mg (5.04%), Vitamin B5: 0.38mg (3.84%), Vitamin B3: 0.48mg (2.4%), Vitamin D: 0.35µg (2.34%)