



Hot Spinach-Artichoke Dip

READY IN



45 min.

SERVINGS



8

CALORIES



357 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 8 servings round buttery crackers fresh assorted
- 10 oz spinach frozen thawed drained chopped well
- 1 garlic clove pressed
- 4 spring onion sliced
- 3 tablespoons juice of lemon fresh
- 1 cup cream sour reduced-fat
- 0.5 cup mayonnaise
- 1 cup parmesan cheese freshly grated

5 oz pepper jack cheese shredded

Equipment

oven

baking pan

Directions

Preheat oven to 350

Stir together first 6 ingredients and 1 cup pepper Jack cheese. Fold in spinach and artichokes. Spoon into a lightly greased 1-qt. baking dish.

Sprinkle with remaining 1/4 cup pepper Jack cheese.

Bake at 350 for 30 minutes or until center is hot and edges are bubbly.

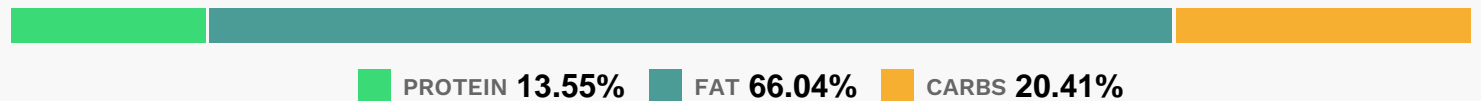
Sprinkle with freshly ground pepper to taste.

Serve with crackers and assorted vegetables.

Hot Spinach-Artichoke Dip with Crab: Increase mayonnaise to 1 cup and Parmesan cheese to 1 1/4 cups. Prepare recipe as directed in Step 1, folding in 1 lb. fresh jumbo lump crabmeat, drained and picked, with spinach and artichokes and spooning into a 2-qt. baking dish.

Bake at 350 for 40 minutes or until center is hot and edges are bubbly. Makes: 10 to 12 servings. Hands-on time: 15 min., Total time: 55 min.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:18.549565004266%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 357.18kcal (17.86%), Fat: 26.33g (40.51%), Saturated Fat: 9.75g (60.93%), Carbohydrates: 18.31g (6.1%), Net Carbohydrates: 15.97g (5.81%), Sugar: 2.44g (2.71%), Cholesterol: 42.59mg (14.2%), Sodium: 789.43mg (34.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.32%), Vitamin K: 175.87µg (167.5%), Vitamin A: 4563.3IU (91.27%), Calcium: 360.03mg (36%), Phosphorus: 245.56mg (24.56%), Folate: 75.68µg (18.92%), Manganese: 0.37mg (18.3%), Vitamin B2: 0.28mg (16.31%), Selenium: 11.11µg (15.88%), Vitamin E: 2.28mg (15.22%), Magnesium: 43.42mg (10.86%), Zinc: 1.56mg (10.43%), Iron: 1.72mg (9.54%), Fiber: 2.34g (9.36%), Vitamin B1: 0.13mg (8.56%), Potassium: 266.61mg (7.62%), Vitamin B12: 0.45µg (7.56%), Vitamin C: 5.63mg (6.82%), Vitamin B6: 0.11mg (5.62%), Vitamin B3: 1.05mg (5.23%), Copper: 0.1mg (4.79%), Vitamin B5: 0.21mg (2.09%), Vitamin D: 0.25µg (1.7%)