



Hot Spinach Dip

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 oz pkt spinach frozen thawed drained chopped
- ☐ 1 clove garlic minced
- ☐ 1 cup real mayo mayonnaise kraft
- ☐ 1 cup parmesan cheese grated kraft

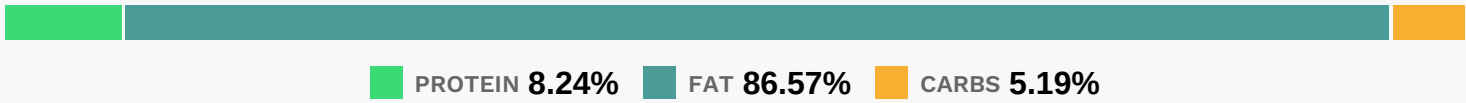
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 350F.
- ☐ Mix all ingredients.
- ☐ Spoon into 9-inch pie plate or quiche dish.
- ☐ Bake 20 min. or until heated through.
- ☐ Serve with assorted crackers.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:4.4482608949361%

Nutrients (% of daily need)

Calories: 67.7kcal (3.38%), Fat: 6.57g (10.11%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.11g (0.12%), Cholesterol: 6.04mg (2.01%), Sodium: 112.76mg (4.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin K: 47.38µg (45.13%), Vitamin A: 1141.78IU (22.84%), Calcium: 42.44mg (4.24%), Manganese: 0.07mg (3.58%), Vitamin E: 0.54mg (3.57%), Folate: 14.28µg (3.57%), Phosphorus: 27.48mg (2.75%), Selenium: 1.92µg (2.74%), Magnesium: 8.35mg (2.09%), Vitamin B2: 0.03mg (2.01%), Zinc: 0.21mg (1.4%), Iron: 0.21mg (1.17%), Potassium: 40.72mg (1.16%), Fiber: 0.28g (1.1%), Vitamin B6: 0.02mg (1.04%)