



Hot Spinach Dip with Mushrooms

READY IN



50 min.

SERVINGS



10

CALORIES



447 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds baby spinach
- ☐ 1 pound button mushrooms thinly sliced
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1.5 cups gruyère cheese grated
- ☐ 10 servings kosher salt and pepper freshly ground
- ☐ 2 cups chicken broth low-sodium
- ☐ 1.5 cups muenster cheese grated

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 poblano chile peppers seeded chopped
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 10 servings sourdough bread toasted for serving
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 large onion white chopped

Equipment

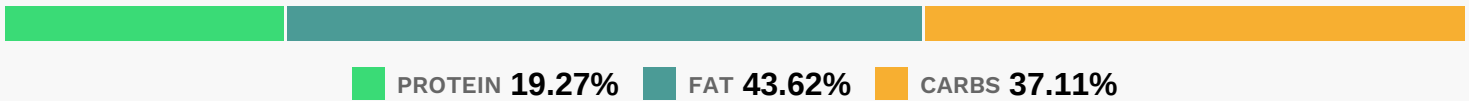
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave
- ☐ colander

Directions

- ☐ Put the spinach in a large microwave-safe bowl; cover with plastic wrap and pierce a few times to vent. Microwave until it starts wilting, about 4 minutes. Uncover and stir, then microwave until completely wilted, about 2 more minutes.
- ☐ Transfer to a colander and rinse under cold water; squeeze dry and set aside.
- ☐ Heat the olive oil and butter in a large saucepan over medium-high heat.
- ☐ Add the onion, poblanos and 1/2 teaspoon each salt and pepper and cook, stirring, until the onions are translucent, about 4 minutes.
- ☐ Add the mushrooms and cook, stirring, until tender, about 5 minutes. Reduce the heat to medium; add the garlic and flour and stir until incorporated, about 2 minutes.
- ☐ Gradually stir in the chicken broth and bring to a simmer.
- ☐ Add the sour cream and cook, stirring, until the liquid thickens, about 5 minutes.

- ☐
- Remove from the heat and stir in all but a few tablespoons of the gruyere, then stir in the muenster and cilantro.
- ☐
- Transfer to a food processor and add the spinach; pulse until finely chopped.
- ☐
- Preheat the oven to 400 degrees F.
- ☐
- Spread the dip in a 1-quart baking dish and sprinkle with the reserved gruyere.
- ☐
- Transfer to the oven and bake until the cheese melts, about 6 minutes.
- ☐
- Serve with bread.
- ☐
- Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:34.55, Glycemic Load:27.82, Inflammation Score:-10, Nutrition Score:34.173478313114%

Flavonoids

Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 447.42kcal (22.37%), Fat: 22.23g (34.19%), Saturated Fat: 11.06g (69.1%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 38.56g (14.02%), Sugar: 5.96g (6.62%), Cholesterol: 54.25mg (18.08%), Sodium: 904.31mg (39.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.09g (44.18%), Vitamin K: 336.46µg (320.44%), Vitamin A: 7058.93IU (141.18%), Folate: 232µg (58%), Manganese: 1.04mg (52.09%), Vitamin C: 40.32mg (48.87%), Calcium: 449.71mg (44.97%), Vitamin B2: 0.76mg (44.68%), Selenium: 30.09µg (42.99%), Vitamin B1: 0.6mg (39.89%), Phosphorus: 377.27mg (37.73%), Vitamin B3: 6.19mg (30.93%), Iron: 5.03mg (27.95%), Magnesium: 96.26mg (24.06%), Potassium: 762.01mg (21.77%), Copper: 0.39mg (19.74%), Zinc: 2.69mg (17.92%), Vitamin B6: 0.36mg (17.88%), Fiber: 3.99g (15.95%), Vitamin E: 2.26mg (15.1%), Vitamin B5: 1.19mg (11.92%), Vitamin B12: 0.67µg (11.2%), Vitamin D: 0.35µg (2.35%)