



## Hot Swiss and Spinach Dip with Yogurt

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**12**

CALORIES



**102 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 ounce chile peppers green drained chopped canned
- 1 clove garlic minced peeled
- 0.1 teaspoon ground pepper black
- 0.8 cup parmesan cheese grated
- 0.5 cup yogurt plain
- 0.5 cup creamy salad dressing
- 0.3 teaspoon salt
- 10 ounce spinach – frozen dry thawed drained chopped

- 1 cup swiss cheese shredded
- 1 small tomatoes diced

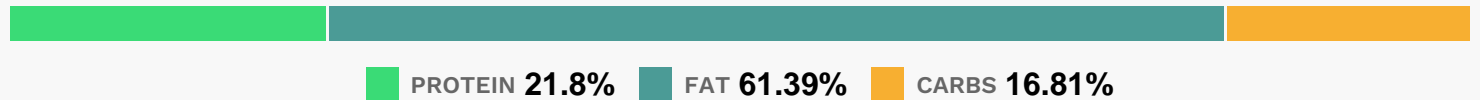
## Equipment

- bowl
- oven
- pie form

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix together creamy salad dressing, plain yogurt, chopped spinach, green chile peppers, Swiss cheese, Parmesan cheese, garlic, salt and ground black pepper.
- Transfer the mixture to a 9 inch pie pan.
- Bake in the preheated oven 25 to 30 minutes, until bubbly and lightly browned.
- Sprinkle with tomato before serving.

## Nutrition Facts



## Properties

Glycemic Index:12.17, Glycemic Load:0.23, Inflammation Score:-9, Nutrition Score:11.875217195438%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 102.04kcal (5.1%), Fat: 7.12g (10.95%), Saturated Fat: 3.12g (19.53%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 3.44g (1.25%), Sugar: 1.89g (2.1%), Cholesterol: 15.13mg (5.04%), Sodium: 331.82mg (14.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.37%), Vitamin K: 94.26µg (89.77%), Vitamin A: 2987.83IU (59.76%), Calcium: 184.19mg (18.42%), Phosphorus: 117.3mg (11.73%), Folate: 42.41µg (10.6%), Selenium: 6.8µg (9.71%), Manganese: 0.19mg (9.56%), Vitamin B2: 0.12mg (7.11%), Vitamin C: 5.74mg (6.96%), Vitamin E: 1.03mg (6.89%), Vitamin B12: 0.39µg (6.57%), Magnesium: 25.9mg (6.48%), Zinc: 0.89mg (5.92%), Potassium:

153.62mg (4.39%), Vitamin B6: 0.08mg (4.1%), Fiber: 0.95g (3.79%), Iron: 0.67mg (3.72%), Copper: 0.05mg (2.45%),  
Vitamin B1: 0.03mg (2.27%), Vitamin B5: 0.14mg (1.37%), Vitamin B3: 0.26mg (1.28%)