



 **11%**  
HEALTH SCORE

## (Houston's) Spinach Dip

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 oz artichoke hearts drained coarsely chopped canned
- 0.3 c chicken stock see
- 0.3 c flour all-purpose
- 20 oz spinach frozen thawed
- 1 T garlic fresh minced
- 1 cup cup heavy whipping cream
- 0.5 t hot sauce
- 2 t juice of lemon fresh
- 0.5 onion chopped

- 0.7 c pecorino cheese fresh grated
- 0.5 teaspoon salt
- 0.3 c cream sour
- 6 Tbs butter unsalted
- 0.5 c cheddar cheese shredded white

## Equipment

- sauce pan
- oven
- whisk
- ramekin
- microwave
- cheesecloth

## Directions

- Strain spinach and squeeze through a cheesecloth to remove as much liquid as possible. In heavy saucepan over medium heat, saute garlic and onions in butter until golden, about 3-5 minutes. Stir in flour and cook for 1 minute. Slowly whisk in cream and stock and continue cooking until boiling. Once boiling, stir in lemon juice, hot sauce, salt and Romano cheese; stir until cheese has melted.
- Remove from heat and allow to cool for 5 minutes. Stir in sour cream, then fold in dry spinach and artichoke hearts.
- Pour in large ovenproof/microwave proof dish. Or smaller ramekins (as shown.)
- Sprinkle cheddar evenly on top.
- Heat in microwave or bake in oven until cheese on top is melted.
- Serve hot with tortilla chips, sour cream and salsa for dipping.

## Nutrition Facts



## Properties

Glycemic Index:23.25, Glycemic Load:2.52, Inflammation Score:-10, Nutrition Score:19.576956521739%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Taste

Sweetness: 20.06%, Saltiness: 10.98%, Sourness: 9.4%, Bitterness: 6.39%, Savoriness: 6.93%, Fattiness: 100%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 304.64kcal (15.23%), Fat: 25.97g (39.95%), Saturated Fat: 15.89g (99.28%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 7.63g (2.78%), Sugar: 2.46g (2.73%), Cholesterol: 76.71mg (25.57%), Sodium: 531.61mg (23.11%), Protein: 9.04g (18.09%), Vitamin K: 265.89µg (253.23%), Vitamin A: 9165.27IU (183.31%), Folate: 115.9µg (28.98%), Manganese: 0.56mg (27.79%), Calcium: 263.87mg (26.39%), Vitamin B2: 0.32mg (18.91%), Vitamin E: 2.68mg (17.9%), Phosphorus: 165.58mg (16.56%), Magnesium: 63.68mg (15.92%), Selenium: 10.39µg (14.85%), Fiber: 2.96g (11.83%), Iron: 1.68mg (9.36%), Potassium: 325.48mg (9.3%), Vitamin B6: 0.18mg (8.78%), Vitamin B1: 0.12mg (7.9%), Zinc: 1.04mg (6.92%), Vitamin C: 5.69mg (6.89%), Copper: 0.13mg (6.45%), Vitamin D: 0.72µg (4.8%), Vitamin B12: 0.25µg (4.15%), Vitamin B3: 0.77mg (3.83%), Vitamin B5: 0.28mg (2.76%)