



How to Make Spinach and Artichoke Dip

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



292 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 2 tablespoons butter
- 8 ounces cream cheese
- 2 cloves garlic minced
- 0.5 cup green onions light thinly sliced
- 1 pinch ground nutmeg
- 0.5 cup gruyère cheese shredded
- 0.3 teaspoon hot sauce

- 0.5 cup parmigiano-reggiano cheese finely grated
- 6 servings salt
- 6 servings salt and pepper black freshly ground to taste
- 0.3 cup mozzarella cheese shredded
- 10 ounce pkt spinach frozen dry thawed drained chopped

Equipment

- bowl
- sauce pan
- oven
- ramekin

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Melt butter in a saucepan over medium-low heat; stir in onions and pinch of salt. Cook, stirring occasionally, until onions are soft, about 5 minutes. Stir garlic into onions and remove from heat.
- Mix spinach, artichoke hearts, cream cheese, Gruyere, Parmigiano-Reggiano, hot sauce, nutmeg, salt, and pepper in a large bowl until combined.
- Spoon artichoke mixture into two ramekins. Top each with shredded mozzarella cheese.
- Bake in the preheated oven until tops are golden brown and bubbling, about 25 minutes.

Nutrition Facts



PROTEIN 16.38% **FAT 72.64%** **CARBS 10.98%**

Properties

Glycemic Index:49.17, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:18.310434877872%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg,

Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 292.12kcal (14.61%), Fat: 23.89g (36.75%), Saturated Fat: 14.16g (88.51%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 5.44g (1.98%), Sugar: 2.65g (2.94%), Cholesterol: 69.66mg (23.22%), Sodium: 868.95mg (37.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.24%), Vitamin K: 194.87µg (185.59%), Vitamin A: 6449.78IU (129%), Calcium: 340.76mg (34.08%), Phosphorus: 210.77mg (21.08%), Folate: 79.58µg (19.9%), Manganese: 0.39mg (19.5%), Vitamin B2: 0.27mg (16.12%), Selenium: 10.6µg (15.14%), Vitamin E: 1.91mg (12.73%), Magnesium: 49.9mg (12.47%), Fiber: 2.69g (10.75%), Zinc: 1.3mg (8.68%), Vitamin B12: 0.47µg (7.89%), Potassium: 263.82mg (7.54%), Vitamin B6: 0.14mg (6.95%), Iron: 1.2mg (6.67%), Vitamin C: 4.61mg (5.58%), Vitamin B1: 0.07mg (4.79%), Copper: 0.09mg (4.73%), Vitamin B5: 0.38mg (3.85%), Vitamin B3: 0.37mg (1.85%)