



## Italian Spinach Spread

READY IN



190 min.

SERVINGS



10

CALORIES



163 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 cup knudsen cream sour
- 10 oz pkt spinach frozen thawed drained chopped well
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 env. seasons dressing mix italian good
- 0.5 cup bell pepper red chopped
- 10 servings ritz crackers

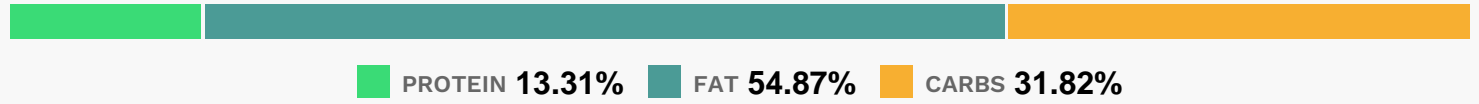
### Equipment

- bowl

## Directions

- Mix sour cream and dressing mix in medium bowl until well blended.
- Add spinach, cheese and red pepper; mix well. Cover. Refrigerate several hours or until chilled.
- Serve as a spread on crackers.

## Nutrition Facts



## Properties

Glycemic Index:3.2, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:14.422608498646%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 163.14kcal (8.16%), Fat: 10.14g (15.6%), Saturated Fat: 4.34g (27.15%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 11.89g (4.32%), Sugar: 2.71g (3.01%), Cholesterol: 20.74mg (6.91%), Sodium: 246.35mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Vitamin K: 114.35µg (108.9%), Vitamin A: 3754.69IU (75.09%), Calcium: 172.55mg (17.25%), Manganese: 0.3mg (14.9%), Folate: 58.44µg (14.61%), Vitamin C: 11.3mg (13.7%), Phosphorus: 128.84mg (12.88%), Vitamin B2: 0.18mg (10.87%), Vitamin E: 1.6mg (10.68%), Magnesium: 30.07mg (7.52%), Iron: 1.32mg (7.35%), Vitamin B1: 0.11mg (7.2%), Selenium: 4.91µg (7.01%), Fiber: 1.35g (5.39%), Vitamin B3: 1.03mg (5.15%), Potassium: 171.01mg (4.89%), Vitamin B6: 0.1mg (4.87%), Zinc: 0.66mg (4.4%), Copper: 0.07mg (3.44%), Vitamin B12: 0.14µg (2.34%), Vitamin B5: 0.2mg (1.96%)