



Last-Minute Spinach Dip



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 ounce pkt spinach frozen thawed
- ☐ 1.5 cups water store-bought (from two 8-ounce containers)
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 4 pitas

Equipment

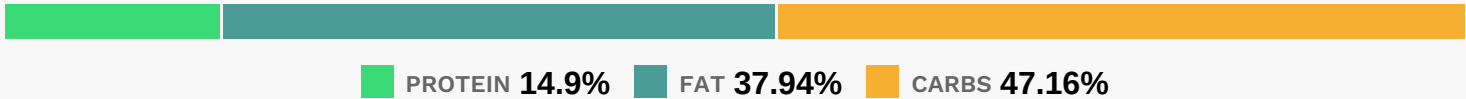
- ☐ food processor
- ☐ baking sheet

- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 350 F.
- ☐ Brush both sides of each pita with some of the oil and sprinkle with the salt.
- ☐ Cut each pita into 6 triangles and transfer to a baking sheet.
- ☐ Bake until golden, about 10 minutes.Meanwhile, squeeze the spinach to remove any excess water. In a food processor or blender, puree the spinach and hummus. Spoon into a dish and serve with the pita chips.

Nutrition Facts



Properties

Glycemic Index:20.08, Glycemic Load:20.57, Inflammation Score:-10, Nutrition Score:21.191739196363%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 259.71kcal (12.99%), Fat: 11.29g (17.37%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 25.69g (9.34%), Sugar: 0.31g (0.34%), Cholesterol: 0mg (0%), Sodium: 565.14mg (24.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.94%), Vitamin K: 178.58µg (170.07%), Vitamin A: 5558.89IU (111.18%), Manganese: 0.99mg (49.39%), Folate: 128.52µg (32.13%), Fiber: 5.88g (23.53%), Copper: 0.45mg (22.75%), Magnesium: 88.81mg (22.2%), Vitamin B1: 0.25mg (16.99%), Phosphorus: 167.61mg (16.76%), Iron: 2.94mg (16.35%), Vitamin E: 2.04mg (13.61%), Calcium: 116.53mg (11.65%), Zinc: 1.7mg (11.36%), Vitamin B6: 0.22mg (10.85%), Vitamin B2: 0.18mg (10.67%), Potassium: 348.57mg (9.96%), Vitamin B3: 1.4mg (6.99%), Selenium: 4.43µg (6.33%), Vitamin C: 2.6mg (3.15%), Vitamin B5: 0.27mg (2.74%)