



Lemony Artichoke-Spinach Spread



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



189 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 9 oz artichoke hearts frozen thawed
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup cream sour
- ☐ 10 oz spinach frozen dry thawed chopped

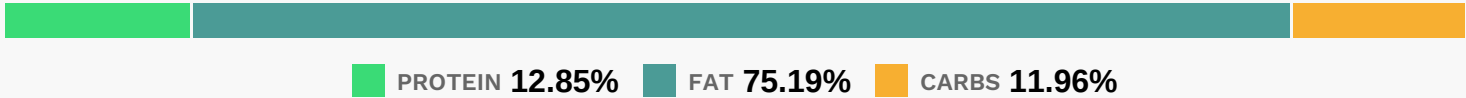
Equipment

- ☐ food processor
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat oven to 350F. In a food processor, pulse spinach, artichoke hearts, sour cream, cream cheese and Cheddar to a coarse puree.
- ☐ Add lemon zest, salt and pepper and pulse to combine.
- ☐ Transfer to a 1-quart ovenproof serving dish. Cover with foil and bake until heated through, about 35 minutes. Preheat broiler.
- ☐ Remove foil and broil spread until top is browned and bubbling, about 4 minutes.
- ☐ Serve hot or warm with crackers or crudits.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:14.46608696554%

Nutrients (% of daily need)

Calories: 189.25kcal (9.46%), Fat: 16.38g (25.2%), Saturated Fat: 9.11g (56.95%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 3.99g (1.45%), Sugar: 1.88g (2.08%), Cholesterol: 47.78mg (15.93%), Sodium: 301.52mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.6%), Vitamin K: 106.63µg (101.56%), Vitamin A: 3925.13IU (78.5%), Folate: 79.11µg (19.78%), Calcium: 167.37mg (16.74%), Vitamin B2: 0.24mg (14.13%), Manganese: 0.27mg (13.72%), Phosphorus: 122.32mg (12.23%), Selenium: 7.76µg (11.08%), Magnesium: 35.69mg (8.92%), Vitamin E: 1.19mg (7.94%), Fiber: 1.87g (7.49%), Potassium: 230.08mg (6.57%), Zinc: 0.85mg (5.64%), Vitamin B6: 0.1mg (5.02%), Vitamin C: 3.63mg (4.41%), Iron: 0.73mg (4.06%), Vitamin B1: 0.05mg (3.66%), Vitamin B12: 0.22µg (3.63%), Copper: 0.07mg (3.38%), Vitamin B5: 0.33mg (3.3%), Vitamin B3: 0.41mg (2.07%)