



Lemony Spinach-Artichoke Dip



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 oz artichoke hearts drained chopped canned
- ☐ 10 oz pkt spinach frozen thawed chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 3 tablespoons onion finely chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 15 servings tortilla chips assorted

☐ 1 envelope vegetable soup mix dry

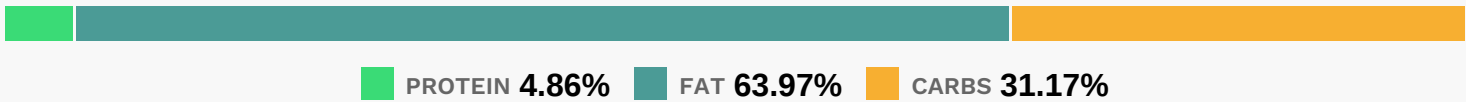
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ Stir together first 7 ingredients in a large bowl.
- ☐ Drain thawed spinach well, pressing between paper towels; stir into artichoke mixture. Cover and chill 30 minutes or up to 2 days.
- ☐ Serve with assorted corn or tortilla chips.
- ☐ Note: Light mayonnaise and sour cream may be substituted. For testing purposes only, we used Lipton Vegetable Soup & Dips
- ☐ Mix.
- ☐ Roasted Red Bell Pepper–Spinach Dip: Substitute 1/2 (12-oz.) jar roasted red bell peppers, drained and chopped, for artichoke hearts. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:10.27, Glycemic Load:0.09, Inflammation Score:-9, Nutrition Score:10.955652165024%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 276.6kcal (13.83%), Fat: 20.02g (30.79%), Saturated Fat: 4.07g (25.44%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 19.42g (7.06%), Sugar: 1.28g (1.42%), Cholesterol: 15.19mg (5.06%), Sodium: 303.17mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Vitamin K: 100.79µg (95.99%), Vitamin A:

2324.65IU (46.49%), Vitamin E: 2.09mg (13.92%), Fiber: 2.52g (10.07%), Magnesium: 39.75mg (9.94%), Phosphorus: 87.72mg (8.77%), Folate: 33.22µg (8.31%), Manganese: 0.14mg (7.15%), Calcium: 71.27mg (7.13%), Vitamin B2: 0.09mg (5.36%), Selenium: 3.28µg (4.69%), Vitamin B6: 0.09mg (4.68%), Iron: 0.83mg (4.64%), Vitamin B5: 0.43mg (4.32%), Vitamin B1: 0.06mg (4.2%), Potassium: 143.8mg (4.11%), Zinc: 0.57mg (3.8%), Copper: 0.06mg (3.08%), Vitamin C: 2.1mg (2.55%), Vitamin B3: 0.35mg (1.75%)