



Luscious Spinach Artichoke Dip

 Gluten Free

READY IN



35 min.

SERVINGS



3

CALORIES



360 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 0.3 cup cream cheese
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 0.3 teaspoon garlic minced
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup romano cheese grated
- ☐ 0.5 cup cup heavy whipping cream sour

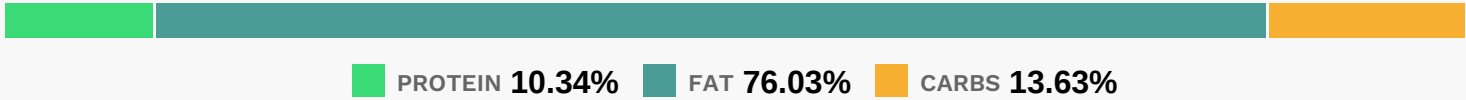
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a small baking dish, mix together artichoke hearts, spinach, sour cream, mayonnaise, cream cheese, Romano cheese, and garlic. Cover dish.
- ☐ Bake until heated through and bubbly, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:21.049565107926%

Nutrients (% of daily need)

Calories: 359.6kcal (17.98%), Fat: 30.69g (47.22%), Saturated Fat: 11.34g (70.89%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 7.6g (2.76%), Sugar: 3.82g (4.25%), Cholesterol: 58.23mg (19.41%), Sodium: 848.27mg (36.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.79%), Vitamin K: 383.12µg (364.88%), Vitamin A: 11620.49IU (232.41%), Folate: 142.55µg (35.64%), Manganese: 0.68mg (33.94%), Calcium: 269.58mg (26.96%), Vitamin E: 3.68mg (24.54%), Vitamin B2: 0.35mg (20.84%), Magnesium: 80.08mg (20.02%), Fiber: 4.78g (19.13%), Phosphorus: 163.31mg (16.33%), Selenium: 10.39µg (14.84%), Potassium: 411.75mg (11.76%), Iron: 1.94mg (10.78%), Vitamin B6: 0.2mg (10.03%), Copper: 0.15mg (7.66%), Vitamin B1: 0.11mg (7.09%), Vitamin C: 5.62mg (6.81%), Zinc: 1mg (6.64%), Vitamin B12: 0.24µg (3.96%), Vitamin B5: 0.39mg (3.94%), Vitamin B3: 0.54mg (2.7%)