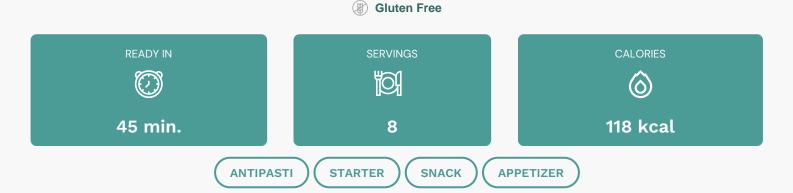


Mediterranean Spinach Artichoke Dip



Ingredients

- 10 ounces spinach frozen thawed drained chopped
- 8 ounces artichoke hearts finely chopped
- 5 ounces neufchatel cheese softened
- 0.5 cup nonfat greek yogurt plain at room temperature
- 0.5 cup monterrey jack cheese shredded low fat (or reduced fat)
- 2 tablespoons parmesan finely grated
- 0.3 cup sun-dried olives dried chopped (preserved in olive oil)
- 0.3 cup shallots finely chopped

- 2 garlic clove whole finely minced
 - 0.3 teaspoon thyme dried
- 0.3 teaspoon paprika
- 1 tablespoon sun-dried olives dried
 - 8 servings salt and pepper to taste

Equipment



Directions

Preheat oven to 350 degrees.
In a large skillet, heat the oil from the sun dried tomatoes.
Add shallots and cook until translucent.
Add garlic and cook for an additional minute.
Add sun dried tomatoes, artichoke hearts, and dried thyme. Stir and cook for 2-3 minutes before adding the spinach. Cook for an additional few minutes and then transfer all items into a large bowl.
Add Neufchatel, Greek Yogurt, Monterey Jack Cheese and paprika to the spinach mixture. Season with salt and pepper.
Combine well. Lightly cover ramekins or other baking dishes with cooking spray. Spoon spinach mixture into the dishes and sprinkle the tops with Parmesan Cheese.

Bake for 20-25 minutes and then turn the broiler on. Broil the tops until they are golden brown.

Serve with chips, bread slices, crackers, or vegetable sticks.

Nutrition Facts

PROTEIN 24.3% 📕 FAT 50.85% 📒 CARBS 24.85%

Properties

Glycemic Index:27, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:15.311304347826%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 117.7kcal (5.89%), Fat: 6.89g (10.6%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 5.32g (1.94%), Sugar: 3.59g (3.99%), Cholesterol: 20.87mg (6.96%), Sodium: 456.19mg (19.83%), Protein: 7.41g (14.82%), Vitamin K: 134.73µg (128.31%), Vitamin A: 4436.76IU (88.74%), Manganese: 0.37mg (18.33%), Calcium: 157.22mg (15.72%), Folate: 61.51µg (15.38%), Phosphorus: 119.15mg (11.92%), Vitamin B2: 0.2mg (11.57%), Magnesium: 41.99mg (10.5%), Potassium: 342.8mg (9.79%), Fiber: 2.25g (9%), Selenium: 5.63µg (8.04%), Vitamin E: 1.15mg (7.64%), Iron: 1.29mg (7.15%), Vitamin B6: 0.13mg (6.64%), Copper: 0.13mg (6.39%), Vitamin C: 4.38mg (5.31%), Zinc: 0.78mg (5.2%), Vitamin B1: 0.07mg (4.62%), Vitamin B12: 0.21µg (3.57%), Vitamin B3: 0.65mg (3.24%), Vitamin B5: 0.31mg (3.09%)