



Passover Spinach Artichoke Dip



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



16

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

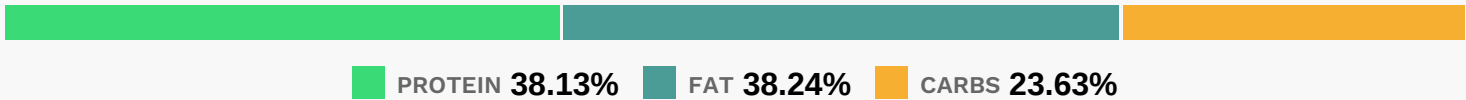
- ☐ 2 cans artichoke hearts canned rinsed drained chopped well (artichoke hearts, without the leaves, will produce a creamier dip, but cost a bit more)
- ☐ 3 cloves garlic powder pressed (not garlic salt)
- ☐ 0.5 cup asiago cheese shredded
- ☐ 0.3 tsp pepper freshly ground
- ☐ 1 cup greek yogurt plain greek-style (I like Fage, but any will do)
- ☐ 0.5 cup mozzarella cheese shredded for topping plus a little more
- ☐ 1 cup spinach frozen dry thawed cooked chopped (and squeezed)

Equipment

Directions

- ☐ Save Recipe
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- ☐ Passover Spinach Artichoke Dip
- ☐ Ingredients2 cans baby artichokes, rinsed well, drained well, and chopped (canned artichoke hearts, without the leaves, will produce a creamier dip, but cost a bit more)1 cup chopped, cooked frozen spinach (thawed and squeezed dry)1 cup plain Greek-style yogurt (I like Fage, but any will do)1/2 cup shredded mozzarella cheese, plus a little more for topping1/2 cup shredded Parmesan, Romano, and/or Asiago Cheese3 to 5 cloves of garlic, pressed, or 2 teaspoons garlic powder (not garlic salt)1/4 tsp freshly ground pepper
- ☐ Total Time: 1 Hour
- ☐ Servings: 16
- ☐ Kosher Key: Dairy, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:4.8334783322137%

Nutrients (% of daily need)

Calories: 40.83kcal (2.04%), Fat: 1.69g (2.61%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 1.58g (0.58%), Sugar: 0.77g (0.85%), Cholesterol: 5.51mg (1.84%), Sodium: 194.61mg (8.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin K: 36.46µg (34.72%), Vitamin A: 1192.02IU (23.84%), Calcium: 81.41mg (8.14%), Phosphorus: 56.68mg (5.67%), Vitamin B2: 0.08mg (4.56%), Selenium: 3.17µg (4.52%), Folate: 15.57µg (3.89%), Manganese: 0.08mg (3.86%), Vitamin B12: 0.2µg (3.41%), Fiber: 0.77g (3.08%), Magnesium: 10.96mg (2.74%), Zinc: 0.31mg (2.1%), Vitamin E: 0.3mg (1.99%), Potassium: 59.55mg (1.7%), Vitamin B6: 0.03mg (1.61%), Iron: 0.25mg (1.38%)