



PHILLY Spinach Artichoke Dip

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.5 tsp garlic powder
- 7.5 oz marinated artichoke hearts drained chopped
- 0.3 cup parmesan cheese grated kraft
- 0.5 cup mozzarella cheese shredded kraft

Equipment

- microwave

Directions

- Spread cream cheese onto bottom of microwaveable 9-inch pie plate.
- Mix spinach, artichokes, mozzarella and garlic powder until blended; spread over cream cheese.
- Sprinkle with Parmesan.
- Microwave on HIGH 2 min. or until heated through.

Nutrition Facts

PROTEIN 13.15% **FAT 75.37%** **CARBS 11.48%**

Properties

Glycemic Index:3.93, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:8.3252174115699%

Nutrients (% of daily need)

Calories: 92.55kcal (4.63%), Fat: 7.89g (12.13%), Saturated Fat: 3.95g (24.71%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 1.86g (0.68%), Sugar: 0.88g (0.97%), Cholesterol: 19.67mg (6.56%), Sodium: 167.96mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.19%), Vitamin K: 70.74µg (67.37%), Vitamin A: 2600.64IU (52.01%), Calcium: 75.55mg (7.56%), Folate: 29.18µg (7.29%), Manganese: 0.14mg (6.91%), Vitamin B2: 0.09mg (5.5%), Selenium: 3.68µg (5.25%), Phosphorus: 49.65mg (4.96%), Vitamin C: 4.02mg (4.87%), Vitamin E: 0.69mg (4.63%), Magnesium: 16.95mg (4.24%), Fiber: 0.84g (3.36%), Iron: 0.51mg (2.81%), Potassium: 92.49mg (2.64%), Zinc: 0.37mg (2.44%), Vitamin B12: 0.14µg (2.35%), Vitamin B6: 0.05mg (2.27%), Copper: 0.03mg (1.58%), Vitamin B1: 0.02mg (1.55%), Vitamin B5: 0.12mg (1.15%)