



HEALTH SCORE

100%

Pumpnickel Spinach Dip II



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



1

CALORIES



1623 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 pound round pumpnickel
- ☐ 16 ounce cup heavy whipping cream sour
- ☐ 0.4 ounce vegetable soup mix dry

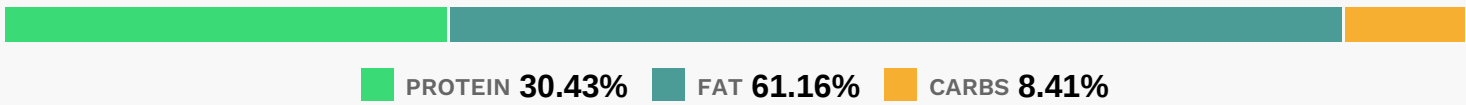
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, blend dry vegetable soup mix, sour cream and spinach.
- ☐ Remove top and insides of the pumpernickel loaf, creating a bread bowl. Reserve removed bread.
- ☐ Spoon the dry vegetable soup mix, sour cream and spinach mixture into the pumpernickel bread bowl.
- ☐ Serve with removed bread pieces for dipping.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:0.48, Inflammation Score:-10, Nutrition Score:76.07913048371%

Nutrients (% of daily need)

Calories: 1622.61kcal (81.13%), Fat: 111.35g (171.31%), Saturated Fat: 53.37g (333.53%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 25.79g (9.38%), Sugar: 17.31g (19.23%), Cholesterol: 553.38mg (184.46%), Sodium: 614.28mg (26.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 124.66g (249.31%), Vitamin K: 1066.85µg (1016.05%), Vitamin A: 36644.37IU (732.89%), Selenium: 163.57µg (233.66%), Vitamin B6: 3.71mg (185.27%), Vitamin B3: 33.3mg (166.52%), Vitamin B12: 9.53µg (158.76%), Zinc: 22.59mg (150.63%), Phosphorus: 1497.31mg (149.73%), Vitamin B2: 2.15mg (126.24%), Folate: 500.54µg (125.13%), Manganese: 2.14mg (106.84%), Magnesium: 374.1mg (93.53%), Calcium: 917.39mg (91.74%), Potassium: 3168.57mg (90.53%), Iron: 15.4mg (85.55%), Vitamin E: 11.31mg (75.37%), Vitamin B1: 0.8mg (53.46%), Vitamin B5: 4.87mg (48.71%), Copper: 0.96mg (47.93%), Fiber: 8.68g (34.7%), Vitamin C: 20.85mg (25.28%), Vitamin D: 0.45µg (3.02%)