



Quick Cheesy Spinach Artichoke Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



533 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces cream cheese softened
- ☐ 2 cloves garlic crushed
- ☐ 1 tablespoon juice of lemon
- ☐ 1.5 cups cheddar and monterey jack cheese mix divided grated
- ☐ 3 servings salt and cayenne pepper to taste
- ☐ 1 cup heavy whipping cream sour
- ☐ 10 ounce pkt spinach frozen dry thawed chopped
- ☐ 14 ounce artichokes in water drained canned

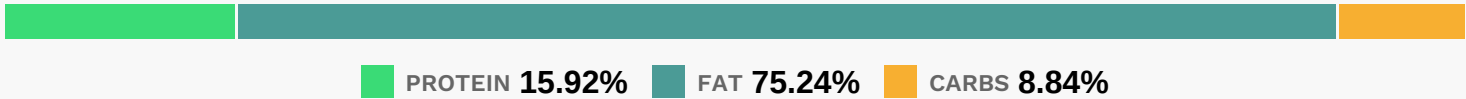
Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Heat oven to 400 degrees F.
- ☐ In food processor or blender, combine sour cream and cream cheese and process until smooth, about 1 minute.
- ☐ Add artichokes, spinach and garlic. Process or chop until well combined, scraping sides of the work bowl or blender jar as needed.
- ☐ In a large mixing bowl, combine artichoke mixture, lemon juice, 1/2 cup grated cheese and salt and cayenne pepper to taste.
- ☐ Transfer mixture to a 1-quart microwave-proof baking dish and spread smoothly.
- ☐ Cover with a paper towel and microwave on high for 3-4 minutes, or until bubbly around the edges.
- ☐ Remove bowl and sprinkle 1/2 cup grated cheese over the top. Microwave on high for 1 minute, or until cheese is melted.
- ☐ Sprinkle with 1/2 cup grated cheese and bake, uncovered, for 20-25 minutes or until slightly browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:27.903043674386%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 532.69kcal (26.63%), Fat: 45.9g (70.62%), Saturated Fat: 26.28g (164.24%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 8.8g (3.2%), Sugar: 5.29g (5.87%), Cholesterol: 133.7mg (44.57%), Sodium: 558.99mg (24.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.85g (43.71%), Vitamin K: 356.53µg (339.55%), Vitamin A: 13333.33IU (266.67%), Calcium: 668.34mg (66.83%), Phosphorus: 405.2mg (40.52%), Folate: 158.37µg (39.59%), Vitamin B2: 0.67mg (39.36%), Manganese: 0.76mg (37.91%), Selenium: 20.41µg (29.16%), Vitamin E: 4.11mg (27.4%), Magnesium: 102.36mg (25.59%), Zinc: 2.75mg (18.36%), Vitamin B6: 0.34mg (16.79%), Potassium: 571.91mg (16.34%), Iron: 2.48mg (13.79%), Fiber: 3.34g (13.37%), Vitamin C: 9.97mg (12.09%), Vitamin B12: 0.71µg (11.89%), Copper: 0.21mg (10.51%), Vitamin B1: 0.13mg (8.87%), Vitamin B5: 0.7mg (6.99%), Vitamin B3: 0.83mg (4.15%), Vitamin D: 0.34µg (2.26%)