



Savory Artichoke & Spinach Dip

READY IN



26 min.

SERVINGS



8

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ginger tea bags reynolds®
- ☐ 10 oz creme de cassis
- ☐ 13 oz marinated artichoke drained chopped
- ☐ 10 oz spinach frozen thawed drained chopped
- ☐ 1 cup pepper jack cheese shredded
- ☐ 1 cup parmesan shredded
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon flour
- ☐ 0.5 teaspoon garlic powder

☐ 1 serving tortilla chips

Equipment

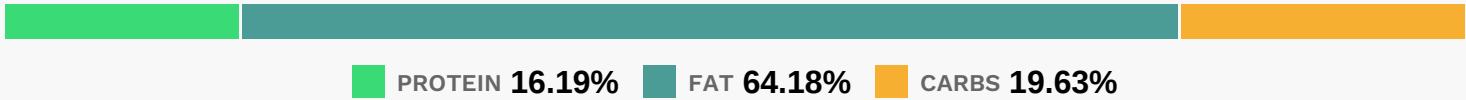
☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 375°F.
- ☐ Place Reynolds® Oven Bag in 13x9x2-inch pan. Spray inside of bag with cooking spray.
- ☐ Add cooking crème, artichokes, drained spinach, cheeses, mayonnaise, flour and garlic powder to oven bag. Gently squeeze bag to blend ingredients. Arrange ingredients in an even layer in bag.
- ☐ Close oven bag with nylon tie.
- ☐ Cut six 1/2-inch slits in top. Tuck ends of bag in pan.
- ☐ Bake 20 minutes or until mixture starts browning and is bubbly. Carefully cut bag open.
- ☐ Spoon dip into serving dish; sprinkle with ground paprika, if desired.
- ☐ Serve warm with pita chips, tortilla chips or crackers.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:16.4117390643%

Nutrients (% of daily need)

Calories: 248.86kcal (12.44%), Fat: 17.83g (27.43%), Saturated Fat: 6.14g (38.4%), Carbohydrates: 12.27g (4.09%), Net Carbohydrates: 10.09g (3.67%), Sugar: 5.65g (6.28%), Cholesterol: 24.01mg (8%), Sodium: 546.6mg (23.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.24%), Vitamin K: 144.54µg (137.65%), Vitamin A: 4826.91IU (96.54%), Calcium: 314.63mg (31.46%), Phosphorus: 177.96mg (17.8%), Folate: 57.37µg (14.34%), Vitamin C: 11.63mg (14.09%), Manganese: 0.27mg (13.34%), Selenium: 7.66µg (10.95%), Vitamin B2: 0.18mg (10.86%), Magnesium: 39.61mg (9.9%), Vitamin E: 1.45mg (9.65%), Fiber: 2.18g (8.72%), Iron: 1.35mg (7.47%), Zinc: 1.06mg (7.08%), Vitamin B6: 0.09mg (4.69%), Vitamin B12: 0.28µg (4.59%), Potassium: 156.92mg (4.48%), Vitamin B1: 0.05mg (3.61%), Copper: 0.07mg (3.47%), Vitamin B5: 0.18mg (1.79%), Vitamin B3: 0.31mg (1.56%), Vitamin D:

0.16µg (1.08%)