



Savory Artichoke & Spinach Dip

READY IN



26 min.

SERVINGS



8

CALORIES



365 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 oz creme de cassis
- ☐ 1 tablespoon flour
- ☐ 10 oz spinach frozen thawed drained chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 13 oz marinated artichoke drained chopped
- ☐ 0.3 cup mayonnaise
- ☐ 1 cup parmesan shredded
- ☐ 1 cup pepper jack cheese shredded
- ☐ 8 servings tortilla chips

☐ 1 ginger tea bags reynolds®

Equipment

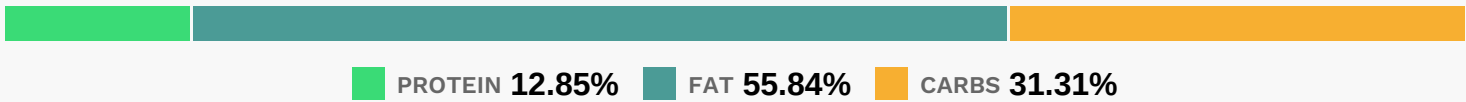
☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 375F.
- ☐ Place Reynolds Oven Bag in 13x9x2-inch pan. Spray inside of bag with cooking spray.
- ☐ Add cooking crme, 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:18.272608876228%

Nutrients (% of daily need)

Calories: 364.5kcal (18.23%), Fat: 22.9g (35.23%), Saturated Fat: 6.83g (42.7%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 25.38g (9.23%), Sugar: 5.84g (6.49%), Cholesterol: 24.01mg (8%), Sodium: 626.96mg (27.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.72%), Vitamin K: 149.66µg (142.53%), Vitamin A: 4827.65IU (96.55%), Calcium: 340.6mg (34.06%), Phosphorus: 233.09mg (23.31%), Vitamin E: 2.31mg (15.41%), Folate: 60.31µg (15.08%), Magnesium: 60.19mg (15.05%), Vitamin C: 11.63mg (14.09%), Fiber: 3.5g (14.01%), Manganese: 0.27mg (13.34%), Selenium: 8.74µg (12.49%), Vitamin B2: 0.2mg (11.87%), Iron: 1.72mg (9.54%), Zinc: 1.4mg (9.33%), Vitamin B6: 0.14mg (6.88%), Vitamin B1: 0.09mg (5.89%), Potassium: 201.51mg (5.76%), Vitamin B5: 0.47mg (4.69%), Copper: 0.09mg (4.66%), Vitamin B12: 0.28µg (4.59%), Vitamin B3: 0.52mg (2.59%), Vitamin D:

0.16µg (1.08%)