



Savory Spinach-Artichoke Dip

 Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup classico creamy alfredo pasta sauce
- 14 oz artichoke hearts drained chopped canned
- 10 oz pkt spinach frozen thawed drained chopped well
- 4 cloves garlic minced
- 0.3 cup parmesan cheese grated kraft
- 1 cup mozzarella cheese shredded kraft

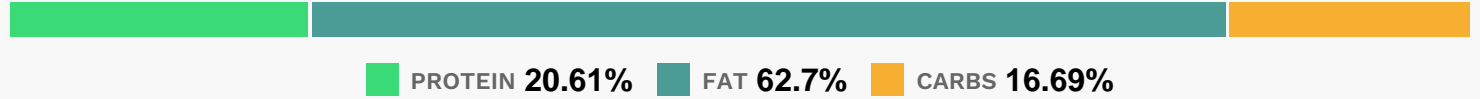
Equipment

- oven

Directions

- Heat oven to 350F.
- Mix ingredients until blended.
- Spoon into 9-inch quiche dish or pie plate.
- Bake 20 min. or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:2.38, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:4.9082608255355%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 46.43kcal (2.32%), Fat: 3.2g (4.92%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.42g (0.47%), Cholesterol: 11.67mg (3.89%), Sodium: 192.9mg (8.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Vitamin K: 44.08µg (41.98%), Vitamin A: 1428.72IU (28.57%), Calcium: 51.99mg (5.2%), Manganese: 0.09mg (4.7%), Folate: 17.55µg (4.39%), Phosphorus: 31.88mg (3.19%), Selenium: 2.06µg (2.94%), Vitamin B2: 0.05mg (2.65%), Magnesium: 10.4mg (2.6%), Fiber: 0.61g (2.43%), Vitamin E: 0.36mg (2.39%), Vitamin B12: 0.13µg (2.09%), Zinc: 0.27mg (1.79%), Vitamin B6: 0.03mg (1.47%), Iron: 0.26mg (1.44%), Potassium: 48.98mg (1.4%)