



Simple Caramelized Shallot & Spinach Dip

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup knudsen cream sour
- 0.8 cup real mayo mayonnaise kraft
- 1 pinch pepper flakes red
- 30 servings salt and pepper for seasoning
- 1 cup shallots thinly sliced
- 5 oz pkt spinach frozen dry thawed chopped
- 1 Tbsp vegetable oil

Equipment

- food processor
- bowl
- sauce pan

Directions

- ADD the oil in a medium saucepan over medium-low heat. Then add the shallots and cook them, stirring occasionally, until they are deep brown, but not burned. About 20 to 25 minutes.
- ADD the mayonnaise, sour cream, and spinach to the bowl of a food processor fitted with the blade attachment. Pulse once or twice to combine and further chop the spinach.
- SCRAPE the mixture into a bowl and stir in the red pepper flakes, and shallots. Season with salt and pepper.
- SURROUND the bowl of dip with chips, crackers, or vegetables and served!

Nutrition Facts

 **PROTEIN 3.65%**  **FAT 84.52%**  **CARBS 11.83%**

Properties

Glycemic Index:2.67, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:2.7547826271342%

Nutrients (% of daily need)

Calories: 60.53kcal (3.03%), Fat: 5.79g (8.91%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.88g (0.98%), Cholesterol: 5.74mg (1.91%), Sodium: 235.63mg (10.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Vitamin K: 27.69µg (26.37%), Vitamin A: 594.81IU (11.9%), Manganese: 0.06mg (2.89%), Vitamin E: 0.38mg (2.56%), Folate: 10.16µg (2.54%), Vitamin B6: 0.04mg (1.91%), Fiber: 0.39g (1.56%), Calcium: 15.4mg (1.54%), Magnesium: 5.84mg (1.46%), Potassium: 51.1mg (1.46%), Vitamin B2: 0.02mg (1.35%), Phosphorus: 12.6mg (1.26%), Vitamin C: 0.94mg (1.14%), Iron: 0.2mg (1.12%), Selenium: 0.72µg (1.03%)