



## Skinny Spinach Dip with Artichokes

READY IN



45 min.

SERVINGS



10

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 oz baby spinach fresh packed
- 0.3 cup mayonnaise reduced-fat
- 1 oz parmesan shredded
- 0.3 cup skim milk fat-free (skim)
- 2 cloves garlic finely chopped
- 1 teaspoon basil dried
- 14 oz artichoke hearts drained chopped canned
- 1 slices crusty baguette
- 1 serving savory vegetable raw assorted

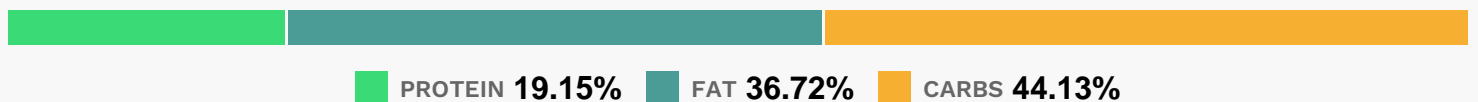
## Equipment

- bowl
- paper towels
- oven
- baking pan
- microwave
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 1-quart shallow glass baking dish or 9-inch glass pie plate with cooking spray.
- Place spinach in 2-quart microwavable casserole; add 1/4 cup water. Cover; microwave on High 2 minutes.
- Drain well, pressing spinach with paper towels to remove excess liquid. Chop spinach.
- In large bowl, beat cream cheese with spoon until smooth. Beat in mayonnaise, 3 tablespoons of the Parmesan cheese, the milk, garlic and basil until well blended. Stir in spinach and artichokes.
- Spread evenly in baking dish.
- Sprinkle with remaining tablespoon cheese.
- Bake 20 to 25 minutes or until thoroughly heated.
- Serve with baguette slices or raw vegetables.

## Nutrition Facts



## Properties

Glycemic Index:23.9, Glycemic Load:1.68, Inflammation Score:-8, Nutrition Score:6.7891304207885%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## **Nutrients (% of daily need)**

Calories: 53.53kcal (2.68%), Fat: 2.17g (3.33%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.52g (1.64%), Sugar: 1.04g (1.16%), Cholesterol: 3.01mg (1%), Sodium: 273.97mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin K: 59.65µg (56.81%), Vitamin A: 1564.79IU (31.3%), Manganese: 0.16mg (7.99%), Folate: 28.94µg (7.23%), Calcium: 62.17mg (6.22%), Fiber: 1.34g (5.37%), Vitamin C: 4.32mg (5.24%), Phosphorus: 42.23mg (4.22%), Magnesium: 14.93mg (3.73%), Iron: 0.64mg (3.53%), Vitamin B2: 0.06mg (3.46%), Potassium: 106.14mg (3.03%), Vitamin B1: 0.04mg (2.99%), Vitamin E: 0.38mg (2.53%), Vitamin B6: 0.05mg (2.46%), Selenium: 1.69µg (2.42%), Vitamin B3: 0.37mg (1.83%), Zinc: 0.25mg (1.67%), Copper: 0.03mg (1.65%), Vitamin B12: 0.07µg (1.16%)