



Slow-Cooker Hot Artichoke and Spinach Dip

 Vegetarian

READY IN



135 min.

SERVINGS



20

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 oz spinach frozen thawed
- 14 oz artichoke hearts drained chopped quartered canned
- 0.5 cup alfredo sauce refrigerated (from 10-oz container)
- 0.5 cup mayonnaise
- 0.8 teaspoon garlic salt
- 0.3 teaspoon pepper
- 4 oz swiss cheese shredded
- 1 loaf crusty baguette french cut into 40 slices (20-inch length)

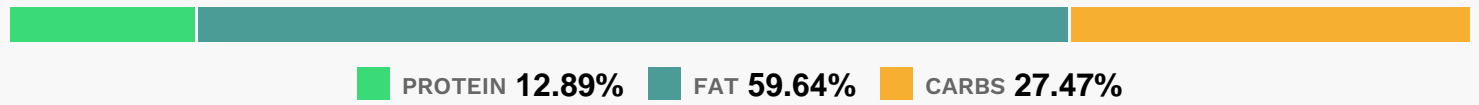
Equipment

slow cooker

Directions

- In 1- to 1 1/2-quart slow cooker, mix all ingredients except bread.
- Cover; cook on Low heat setting 2 to 4 hours.
- Serve dip with sliced bread.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:4.17, Inflammation Score:-8, Nutrition Score:7.1321739376239%

Nutrients (% of daily need)

Calories: 112.24kcal (5.61%), Fat: 7.38g (11.35%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.7g (2.44%), Sugar: 0.95g (1.06%), Cholesterol: 11.69mg (3.9%), Sodium: 334.89mg (14.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin K: 57.08µg (54.36%), Vitamin A: 1546.76IU (30.94%), Folate: 32.67µg (8.17%), Calcium: 80.66mg (8.07%), Manganese: 0.15mg (7.6%), Selenium: 4.75µg (6.79%), Vitamin B1: 0.09mg (5.73%), Phosphorus: 51.89mg (5.19%), Vitamin B2: 0.09mg (5.12%), Vitamin E: 0.62mg (4.16%), Iron: 0.69mg (3.86%), Fiber: 0.94g (3.78%), Magnesium: 14.79mg (3.7%), Vitamin B3: 0.64mg (3.18%), Vitamin B12: 0.18µg (2.97%), Zinc: 0.43mg (2.85%), Vitamin B6: 0.04mg (1.97%), Copper: 0.04mg (1.88%), Potassium: 65.14mg (1.86%)