



Slow-Cooker Southwest Artichoke and Spinach Dip

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



26

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 oz artichoke hearts drained coarsely chopped canned
- ☐ 9 oz spinach frozen thawed
- ☐ 8 oz cream cheese cubed softened
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 2 oz pepper jack cheese shredded
- ☐ 14 oz tortilla chips

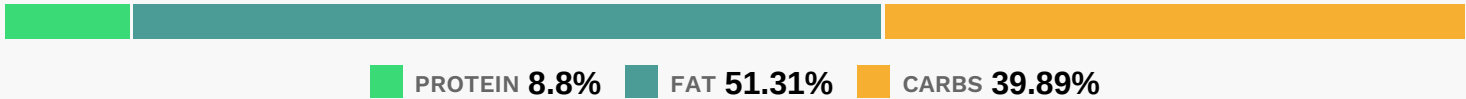
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Spray 1- to 1 1/2-quart slow cooker with cooking spray. In medium bowl, mix all ingredients except pepper Jack cheese and tortilla chips; spoon into cooker.
- ☐ Cover; cook on Low heat setting 2 to 3 hours.
- ☐ Stir pepper Jack cheese into artichoke mixture. Cover; cook on Low heat setting about 5 minutes longer or until cheese is melted.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:5.5939129785351%

Nutrients (% of daily need)

Calories: 118kcal (5.9%), Fat: 6.89g (10.6%), Saturated Fat: 2.61g (16.33%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 10.63g (3.87%), Sugar: 0.64g (0.71%), Cholesterol: 10.75mg (3.58%), Sodium: 171.48mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin K: 39.93µg (38.03%), Vitamin A: 1290.58IU (25.81%), Vitamin E: 0.9mg (6.03%), Phosphorus: 58.65mg (5.87%), Fiber: 1.42g (5.67%), Calcium: 55.14mg (5.51%), Magnesium: 21.73mg (5.43%), Folate: 19.59µg (4.9%), Vitamin B2: 0.06mg (3.68%), Manganese: 0.07mg (3.51%), Selenium: 2.34µg (3.34%), Vitamin B6: 0.06mg (2.8%), Iron: 0.5mg (2.78%), Zinc: 0.38mg (2.52%), Vitamin B5: 0.25mg (2.48%), Vitamin C: 2.03mg (2.46%), Potassium: 79.95mg (2.28%), Vitamin B1: 0.03mg (2.22%), Copper: 0.03mg (1.56%), Vitamin B3: 0.22mg (1.07%)