



## Slow-Cooker Three Cheese Spinach Dip

READY IN



90 min.

SERVINGS



36

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 loaf cheese cut into cubes (8 oz. box)
- 8 oz cheddar cheese shredded
- 3 oz cream cheese softened
- 1 cup kalamata olives pitted chopped
- 10 oz canned tomatoes diced with green chiles canned
- 9 oz spinach frozen thawed chopped
- 1 clove garlic finely chopped
- 1 pumpernickel bread (1 lb)

## Equipment

- slow cooker
- serrated knife

## Directions

- Spray 4-quart slow cooker with cooking spray. In slow cooker, place cheese product, Cheddar cheese and cream cheese. Cover; cook on High heat setting 1 hour, stirring occasionally, until cheese is melted.
- Stir in olives, tomatoes, spinach and garlic. Reduce heat setting to Low. Cover; cook at least 20 minutes but no longer than 2 hours.
- Cut thin round slice from top of bread loaf. Hollow out loaf by cutting along edge with serrated knife, leaving about 1-inch shell, and pulling out large chunks of bread.
- Cut top slice and hollowed-out bread into bite-size pieces.
- Place loaf on serving plate; fill with hot cheese dip. Arrange bread pieces around loaf for dipping.

## Nutrition Facts

**PROTEIN 17.81%** **FAT 72.47%** **CARBS 9.72%**

## Properties

Glycemic Index:4.64, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:3.7491304537524%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 43.11kcal (2.16%), Fat: 3.59g (5.52%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.36g (0.4%), Cholesterol: 8.71mg (2.9%), Sodium: 113.51mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.97%), Vitamin K: 26.85µg (25.57%), Vitamin A: 950.16IU (19%), Calcium: 60.73mg (6.07%), Phosphorus: 36.8mg (3.68%), Selenium: 2.48µg (3.54%), Vitamin B2: 0.05mg (3.18%), Folate: 12.59µg (3.15%), Vitamin E: 0.47mg (3.13%), Manganese: 0.06mg (2.93%), Magnesium: 8.55mg (2.14%), Zinc: 0.3mg (1.98%), Fiber: 0.41g (1.65%), Vitamin B6: 0.03mg (1.44%), Potassium: 49.28mg (1.41%), Vitamin C: 1.15mg (1.39%), Iron: 0.24mg (1.35%), Vitamin B12: 0.07µg (1.2%), Copper: 0.02mg (1.15%)