



Smokey Almond-Spinach Dip

READY IN



25 min.

SERVINGS



25

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup planters almonds smoked chopped
- 0.5 tsp pepper black
- 1 Tbsp grey poupon dijon mustard
- 10 oz pkt spinach frozen thawed drained chopped
- 2 cloves garlic minced
- 4 oz philadelphia neufchatel cheese softened ()
- 2 tsp parmesan cheese grated kraft
- 25 servings wheat snack crackers reduced-fat thin

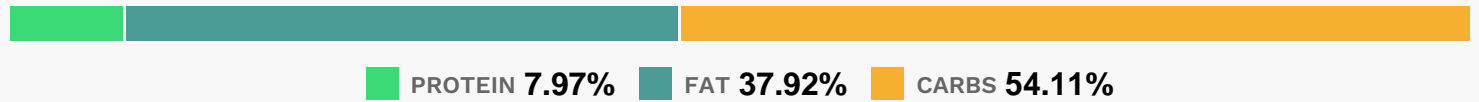
Equipment

oven

Directions

- Preheat oven to 350F.
- Mix all ingredients except Parmesan cheese and crackers until well blended.
- Spoon into 9-inch pie plate; sprinkle with Parmesan cheese.
- Bake 15 minutes.
- Serve with crackers or cut-up fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:5.24, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:5.5126087876928%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 166.55kcal (8.33%), Fat: 7.14g (10.99%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 20.35g (7.4%), Sugar: 4.25g (4.72%), Cholesterol: 3.7mg (1.23%), Sodium: 264.03mg (11.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin K: 42.35µg (40.33%), Vitamin A: 1371.95IU (27.44%), Fiber: 2.59g (10.37%), Manganese: 0.14mg (6.79%), Iron: 1.04mg (5.75%), Vitamin E: 0.84mg (5.6%), Calcium: 48.14mg (4.81%), Folate: 18µg (4.5%), Magnesium: 14.66mg (3.67%), Vitamin B2: 0.06mg (3.31%), Phosphorus: 24.57mg (2.46%), Copper: 0.04mg (1.95%), Selenium: 1.27µg (1.82%), Potassium: 63.23mg (1.81%), Vitamin B6: 0.03mg (1.39%), Zinc: 0.18mg (1.23%), Vitamin B1: 0.02mg (1.16%)