



## Smoky Spinach Artichoke Dip

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



530 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 ounces cream cheese
- 12 ounce artichoke hearts frozen thawed
- 8 ounces pkt spinach frozen thawed chopped
- 3 cloves garlic minced
- 0.5 cup gouda cheese smoked grated
- 0.5 cup mayonnaise
- 0.5 cup parmesan freshly grated
- 0.5 teaspoon pepper flakes red

- 0.5 cup mozzarella cheese shredded
- 0.5 cup cup heavy whipping cream sour
- 6 servings tortilla chips for serving
- 0.5 teaspoon coriander seeds whole

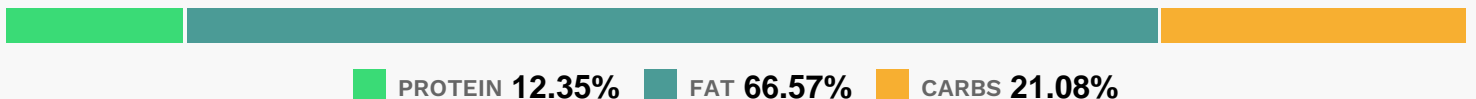
## Equipment

- bowl
- oven
- sieve
- baking pan
- microwave

## Directions

- Preheat the oven to 350 degrees F.
- Place the spinach in a strainer and squeeze out as much liquid as possible; set aside.
- Chop the artichokes into bite-size chunks.
- In a large bowl, add the spinach, artichokes, 1/2 cup Parmesan, gouda, mozzarella, garlic, red pepper flakes, coriander seeds, mayonnaise, sour cream and cream cheese and mix until combined.
- Pour into a baking dish, top with the remaining 2 tablespoons Parmesan and bake until the edges are bubbly and light golden brown, about 25 minutes.
- Allow the dip to cool slightly before serving with tortilla chips.
- \*Cook's Note: A quick way to thaw out spinach: microwave for 3 minutes, covered.

## Nutrition Facts



## Properties

Glycemic Index:31.33, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:23.254782557487%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 529.76kcal (26.49%), Fat: 40.14g (61.75%), Saturated Fat: 14.87g (92.93%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 23.61g (8.59%), Sugar: 2.56g (2.85%), Cholesterol: 73.75mg (24.58%), Sodium: 686.82mg (29.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.76g (33.51%), Vitamin K: 178.59µg (170.08%), Vitamin A: 5194.6IU (103.89%), Calcium: 416.65mg (41.67%), Phosphorus: 355.11mg (35.51%), Folate: 138.86µg (34.72%), Vitamin B2: 0.39mg (22.74%), Manganese: 0.45mg (22.35%), Magnesium: 83.41mg (20.85%), Vitamin E: 3.08mg (20.54%), Fiber: 4.98g (19.92%), Selenium: 12.99µg (18.55%), Zinc: 2.27mg (15.12%), Potassium: 424.99mg (12.14%), Vitamin B12: 0.72µg (12.01%), Vitamin B6: 0.23mg (11.52%), Iron: 1.74mg (9.64%), Vitamin B1: 0.13mg (8.9%), Vitamin B5: 0.81mg (8.07%), Copper: 0.14mg (7.06%), Vitamin C: 5.76mg (6.98%), Vitamin B3: 1.03mg (5.14%), Vitamin D: 0.21µg (1.43%)