



Southwestern Spinach Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 2 tablespoons green onions sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 jalapeno seeded chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 0.7 cup mayonnaise

- ☐ 0.5 teaspoon salt
- ☐ 10 oz pkt spinach frozen dry thawed chopped

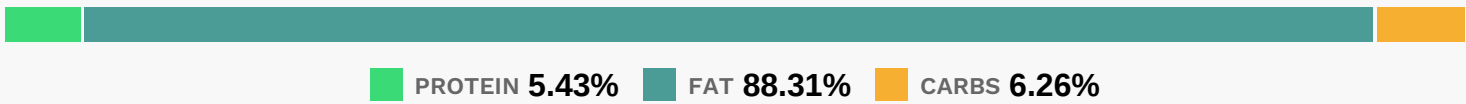
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine first 9 ingredients in a food processor; process until smooth.
- ☐ Add spinach, and pulse 3 times or until blended.
- ☐ Transfer dip to a bowl; cover and refrigerate up to 1 day.
- ☐ Serve with fresh cut vegetables, multigrain tortilla chips, or crackers.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.42, Inflammation Score:-9, Nutrition Score:11.721304243673%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 191.31kcal (9.57%), Fat: 19.17g (29.49%), Saturated Fat: 6.34g (39.65%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.27g (1.41%), Cholesterol: 29.18mg (9.73%), Sodium: 304.13mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin K: 135.53µg (129.07%), Vitamin A: 3722.47IU (74.45%), Folate: 45.86µg (11.47%), Manganese: 0.21mg (10.7%), Vitamin E: 1.59mg (10.63%), Vitamin B2: 0.12mg (7.21%), Calcium: 62.82mg (6.28%), Magnesium: 24.73mg (6.18%), Selenium: 4.02µg (5.75%), Vitamin C: 4.63mg (5.61%), Phosphorus: 43.44mg (4.34%), Potassium: 147.49mg (4.21%), Iron: 0.7mg (3.88%), Fiber: 0.94g (3.77%), Vitamin B6: 0.07mg (3.61%), Copper: 0.05mg (2.65%), Vitamin B1: 0.04mg (2.44%), Zinc: 0.31mg (2.09%), Vitamin B5: 0.2mg (1.96%), Vitamin B12: 0.07µg (1.13%), Vitamin B3: 0.21mg (1.03%)