



Spanakopita Dip

READY IN



130 min.

SERVINGS



10

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter
- 1 clove garlic finely chopped
- 12 oz baby spinach fresh
- 0.3 teaspoon salt
- 8 oz cream sour
- 4 oz cream cheese softened (half of 8-oz package)
- 2 oz feta cheese crumbled
- 1 tablespoon optional: dill fresh chopped
- 1 teaspoon lemon zest grated

- 0.3 cup pinenuts toasted
- 2 tablespoons spring onion chopped (2 medium)
- 1 serving lemon zest grated
- 1 serving pita chips

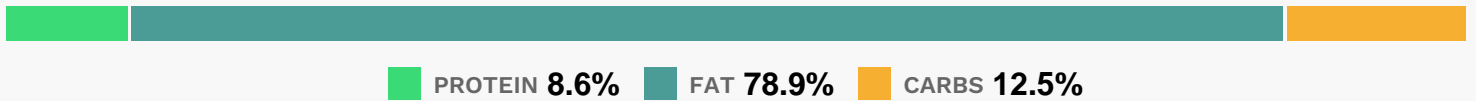
Equipment

- food processor
- bowl
- dutch oven

Directions

- In 4- to 5-quart Dutch oven, melt butter over medium heat. Cook garlic in butter 1 minute.
- Add spinach; sprinkle with salt. Cook 1 to 2 minutes or just until spinach is wilted.
- Drain spinach; squeeze dry.
- In food processor, place spinach mixture, sour cream, cream cheese, feta cheese, dill and 1 teaspoon lemon peel. Cover; process with on-and-off pulses until smooth, scraping bowl once. Into serving bowl, spoon spinach mixture. Cover; refrigerate 2 hours to blend flavors. Top with pine nuts, green onions and additional lemon peel.
- Serve with pita chips.

Nutrition Facts



Properties

Glycemic Index:16.3, Glycemic Load:0.43, Inflammation Score:-10, Nutrition Score:15.313913237789%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 181.68kcal (9.08%), Fat: 16.54g (25.45%), Saturated Fat: 6.32g (39.48%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 4.81g (1.75%), Sugar: 1.68g (1.86%), Cholesterol: 29.88mg (9.96%), Sodium: 256.18mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin K: 169.94µg (161.85%), Vitamin A: 3674.24IU (73.48%), Manganese: 0.73mg (36.63%), Folate: 76.41µg (19.1%), Vitamin C: 10.44mg (12.66%), Vitamin B2: 0.2mg (11.66%), Magnesium: 44.07mg (11.02%), Vitamin E: 1.64mg (10.91%), Calcium: 99.81mg (9.98%), Phosphorus: 96.42mg (9.64%), Potassium: 274.08mg (7.83%), Iron: 1.39mg (7.73%), Vitamin B6: 0.12mg (5.93%), Copper: 0.12mg (5.89%), Selenium: 4.01µg (5.74%), Zinc: 0.8mg (5.34%), Vitamin B1: 0.08mg (5.09%), Fiber: 1.08g (4.33%), Vitamin B3: 0.74mg (3.7%), Vitamin B12: 0.17µg (2.88%), Vitamin B5: 0.25mg (2.53%)