



Spanakopita Dip

READY IN



130 min.

SERVINGS



10

CALORIES



297 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz baby spinach fresh
- ☐ 3 tablespoons butter
- ☐ 4 oz cream cheese softened (half of 8-oz package)
- ☐ 2 oz feta cheese crumbled
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons spring onion chopped (2 medium)
- ☐ 1 teaspoon lemon zest grated
- ☐ 10 servings lemon zest grated

- ☐ 0.3 cup pinenuts toasted
- ☐ 10 servings pita chips
- ☐ 0.3 teaspoon salt
- ☐ 8 oz cream sour

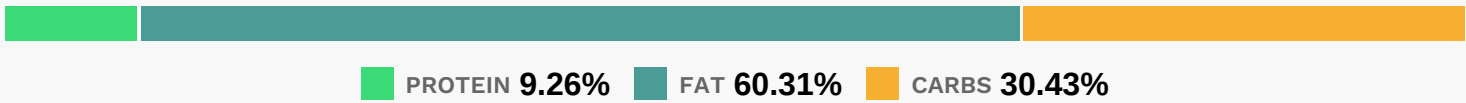
Equipment

- ☐ 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:19.084347669197%

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: 296.92kcal (14.85%), Fat: 20.37g (31.34%), Saturated Fat: 6.65g (41.59%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 21.08g (7.66%), Sugar: 2.88g (3.21%), Cholesterol: 29.88mg (9.96%), Sodium: 471.39mg (20.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.07%), Vitamin K: 170.24µg (162.14%), Vitamin A: 3674.33IU (73.49%), Manganese: 0.9mg (44.89%), Folate: 110.45µg (27.61%), Vitamin E: 3.38mg (22.55%), Selenium: 12.36µg (17.65%), Vitamin B2: 0.28mg (16.22%), Vitamin B1: 0.22mg (14.5%), Iron: 2.55mg (14.17%), Magnesium: 53.42mg (13.36%), Vitamin C: 10.68mg (12.94%), Phosphorus: 127.69mg (12.77%), Vitamin B3: 2.51mg (12.57%), Calcium: 104.34mg (10.43%), Potassium: 306.87mg (8.77%), Fiber: 2.06g (8.24%), Copper: 0.15mg (7.67%), Vitamin B6: 0.15mg (7.32%), Zinc: 1.04mg (6.96%), Vitamin B5: 0.38mg (3.8%), Vitamin B12: 0.17µg (2.88%)