



Spicy South Of The Border Spinach Cheese Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



526 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 ounce canned tomatoes whole peeled drained chopped canned
- ☐ 8 ounce cream cheese softened
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 4 ounce chiles diced green drained canned
- ☐ 1 cup half-and-half cream
- ☐ 10 ounces monterrey jack cheese shredded
- ☐ 1 onion chopped

- ☐ 1 tablespoon red wine vinegar
- ☐ 5 servings salt and pepper to taste
- ☐ 2 tablespoons vegetable oil

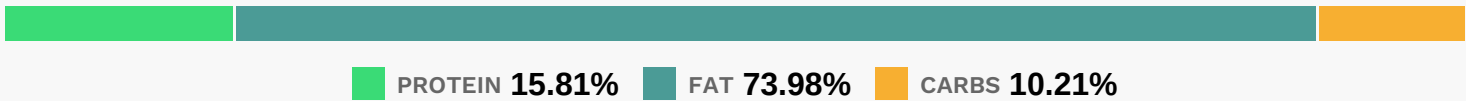
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Saute onion in skillet over medium heat in oil until softened, about 4 minutes. Stir in tomatoes and chiles, let cook 2 minutes.
- ☐ Transfer the mixture to a large bowl and stir in spinach, cheese, cream cheese, half and half, and vinegar. Season with salt and pepper to taste. Spoon mixture into shallow baking dish like a 9 inch quiche dish or pie plate.
- ☐ Bake in the preheated oven until the dip is bubbly and the top is light brown, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:16.2, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:26.464347694231%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 526.29kcal (26.31%), Fat: 44.3g (68.16%), Saturated Fat: 24.28g (151.74%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 10.53g (3.83%), Sugar: 7.25g (8.05%), Cholesterol: 113.21mg (37.74%), Sodium: 956.62mg (41.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.6%), Vitamin K: 226.4µg (215.62%), Vitamin A: 7990.26IU (159.81%), Calcium: 630.91mg (63.09%), Phosphorus: 398.78mg (39.88%), Vitamin B2: 0.6mg (35.55%), Folate: 120.96µg (30.24%), Manganese: 0.5mg (25.22%), Vitamin C: 20.6mg (24.97%), Selenium: 17.33µg (24.76%), Vitamin E: 3.31mg (22.07%), Magnesium: 79.03mg (19.76%), Zinc: 2.61mg (17.39%), Vitamin B6: 0.34mg (16.84%), Potassium: 579.39mg (16.55%), Iron: 2.72mg (15.09%), Fiber: 3.23g (12.9%), Vitamin B12: 0.66µg (11.04%), Vitamin B1: 0.14mg (9.08%), Copper: 0.18mg (8.9%), Vitamin B5: 0.71mg (7.14%), Vitamin B3: 1.19mg (5.94%), Vitamin D: 0.34µg (2.27%)