



Spinach and Artichoke Au Gratin

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



268 kcal

SIDE DISH

Ingredients

- 4 tablespoons butter softened
- 9 ounce cream cheese
- 8 servings salt and ground pepper black to taste
- 13 ounce marinated artichoke hearts drained
- 6 tablespoons milk
- 0.3 cup parmesan cheese grated
- 30 ounce spinach – frozen dry thawed drained chopped

Equipment

- oven
- mixing bowl
- baking pan
- broiler

Directions

- Place artichokes in the bottom of a 1 1/2 quart baking dish.
- In a mixing bowl, beat together the cream cheese and butter until smooth. Blend in milk and stir in spinach.
- Mix together until smooth.
- Pour into baking dish and sprinkle top with cheese, salt and seasoned pepper; refrigerate for 24 hours.
- Preheat oven to 350 degrees F (175 degree C), bake for 30 minutes or until heated through.
- Place under broiler to brown the cheese topping.

Nutrition Facts

■ PROTEIN **11.49%** ■ FAT **74.56%** ■ CARBS **13.95%**

Properties

Glycemic Index:18.38, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:21.680434732333%

Nutrients (% of daily need)

Calories: 267.86kcal (13.39%), Fat: 22.93g (35.28%), Saturated Fat: 11.4g (71.26%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 5.62g (2.04%), Sugar: 2.9g (3.22%), Cholesterol: 52.24mg (17.41%), Sodium: 476.09mg (20.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.91%), Vitamin K: 396.9µg (378%), Vitamin A: 13584.74IU (271.69%), Folate: 157.5µg (39.37%), Manganese: 0.77mg (38.43%), Vitamin E: 3.55mg (23.65%), Calcium: 230.08mg (23.01%), Magnesium: 85.72mg (21.43%), Vitamin B2: 0.34mg (20.23%), Vitamin C: 15.52mg (18.81%), Fiber: 4.03g (16.12%), Selenium: 10.87µg (15.53%), Iron: 2.41mg (13.37%), Phosphorus: 125.84mg (12.58%), Potassium: 437.48mg (12.5%), Vitamin B6: 0.21mg (10.57%), Copper: 0.16mg (8.1%), Vitamin B1: 0.12mg (7.68%), Zinc: 0.99mg (6.59%), Vitamin B5: 0.35mg (3.46%), Vitamin B12: 0.2µg (3.32%), Vitamin B3: 0.59mg (2.94%)