



Spinach-and-Artichoke Dip

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



448 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 13.5 ounce baked tortilla chips (16 cups)
- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounce weight cream cheese fat-free softened
- ☐ 8 ounce cream cheese softened
- ☐ 3 garlic clove crushed
- ☐ 1 ounce parmesan fresh divided grated
- ☐ 8 ounces part-skim mozzarella cheese shredded divided

- ☐ 0.5 cup cream fat-free sour
- ☐ 10 ounce spinach frozen dry thawed drained chopped

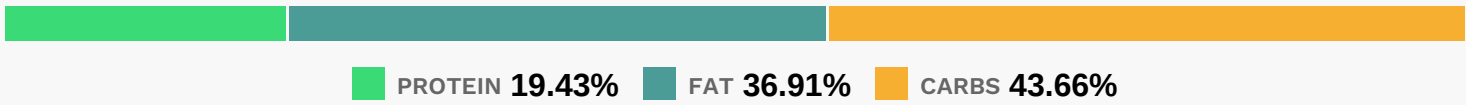
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine 1 1/2 cups mozzarella, sour cream, 2 tablespoons Parmesan, and next 6 ingredients (through spinach) in a large bowl; stir until well blended. Spoon mixture into a 1 1/2-quart baking dish.
- ☐ Sprinkle with remaining 1/2 cup mozzarella and remaining 2 tablespoons Parmesan.
- ☐ Bake at 350 for 30 minutes or until bubbly and golden brown.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:22.99304344084%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 447.62kcal (22.38%), Fat: 18.4g (28.31%), Saturated Fat: 9.78g (61.13%), Carbohydrates: 48.96g (16.32%), Net Carbohydrates: 44.6g (16.22%), Sugar: 3.97g (4.41%), Cholesterol: 53.88mg (17.96%), Sodium: 950.61mg (41.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.79g (43.59%), Vitamin K: 133.21µg (126.87%), Vitamin A: 4801.98IU (96.04%), Calcium: 532.72mg (53.27%), Phosphorus: 519.42mg (51.94%), Vitamin B2: 0.47mg (27.9%), Selenium: 19.27µg (27.53%), Magnesium: 91.68mg (22.92%), Folate: 75.94µg (18.98%), Fiber: 4.37g (17.47%), Zinc: 2.28mg (15.21%), Manganese: 0.29mg (14.39%), Potassium: 419.93mg (12%), Vitamin B1: 0.17mg (11.4%), Vitamin

E: 1.69mg (11.3%), Vitamin B6: 0.22mg (10.86%), Vitamin B12: 0.65µg (10.83%), Iron: 1.64mg (9.09%), Copper: 0.13mg (6.68%), Vitamin B5: 0.48mg (4.79%), Vitamin C: 2.4mg (2.9%), Vitamin B3: 0.53mg (2.65%)