



Spinach-and-Artichoke Dip

 Gluten Free

READY IN



46 min.

SERVINGS



22

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounce block cream cheese fat-free softened
- ☐ 8 ounce block softened
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup parmesan cheese fresh divided grated
- ☐ 1.5 cups part-skim mozzarella cheese shredded divided
- ☐ 0.5 cup cup heavy whipping cream fat-free sour

☐ 10 ounce pkt spinach frozen dry thawed drained chopped

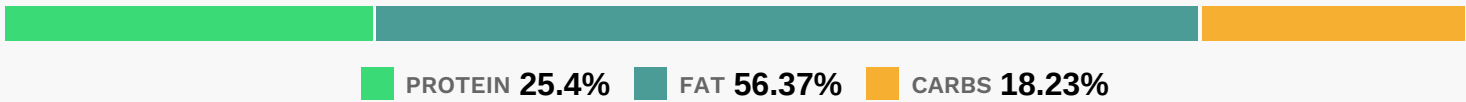
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 7 ingredients in a large bowl, stirring until well-blended.
- ☐ Add 4 ounces (1 cup) mozzarella and 2 tablespoons Parmesan; stir well. Spoon mixture into a broiler-safe 1 1/2-quart glass or ceramic baking dish.
- ☐ Sprinkle with remaining 1/2 cup mozzarella and remaining 2 tablespoons Parmesan.
- ☐ Bake at 350 for 30 minutes or until bubbly.
- ☐ Preheat broiler to high (leave dish in oven). Broil dip for 3 minutes or until cheese is lightly browned.

Nutrition Facts



Properties

Glycemic Index:5.27, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:6.9904348124628%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 83.19kcal (4.16%), Fat: 5.23g (8.05%), Saturated Fat: 3.11g (19.46%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1.3g (1.44%), Cholesterol: 17.78mg (5.93%), Sodium: 253.8mg (11.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Vitamin K: 48.36µg (46.06%), Vitamin A: 1714.04IU (34.28%), Calcium: 143.35mg (14.34%), Phosphorus: 120.13mg (12.01%), Vitamin B2: 0.12mg (6.77%), Folate: 24.58µg

(6.14%), Selenium: 3.86µg (5.51%), Manganese: 0.1mg (5.22%), Magnesium: 15.78mg (3.95%), Zinc: 0.55mg (3.68%), Vitamin B12: 0.21µg (3.54%), Vitamin E: 0.48mg (3.19%), Potassium: 103mg (2.94%), Fiber: 0.67g (2.66%), Vitamin B6: 0.05mg (2.28%), Iron: 0.31mg (1.72%), Vitamin B5: 0.17mg (1.71%), Vitamin B1: 0.02mg (1.56%), Copper: 0.03mg (1.44%), Vitamin C: 0.84mg (1.01%)