



## Spinach and Artichoke Dip



Gluten Free



Popular

READY IN



25 min.

SERVINGS



3

CALORIES



1057 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 10 ounce pkt spinach frozen thawed drained chopped
- 1 cup mayonnaise
- 2.5 cups monterrey jack cheese shredded
- 1 cup parmesan cheese grated

### Equipment

- bowl
- oven

baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 1 quart baking dish.
- In a medium bowl, mix together artichoke hearts, spinach, mayonnaise, Parmesan cheese and 2 cups Monterey Jack cheese.
- Transfer mixture to the prepared baking dish, and sprinkle with remaining 1/2 cup of Monterey Jack cheese.
- Bake in the center of the preheated oven until the cheese is melted, about 15 minutes.

## Nutrition Facts

 **PROTEIN 14.41%**  **FAT 80.19%**  **CARBS 5.4%**

## Properties

Glycemic Index:25.67, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:32.691739185997%

## Nutrients (% of daily need)

Calories: 1057.25kcal (52.86%), Fat: 94.26g (145.01%), Saturated Fat: 31.93g (199.55%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 9.49g (3.45%), Sugar: 2.55g (2.84%), Cholesterol: 144.17mg (48.06%), Sodium: 2180.88mg (94.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.1g (76.21%), Vitamin K: 476.16µg (453.49%), Vitamin A: 12141.89IU (242.84%), Calcium: 1125.03mg (112.5%), Phosphorus: 691.42mg (69.14%), Selenium: 32.71µg (46.73%), Vitamin B2: 0.71mg (41.65%), Folate: 159.71µg (39.93%), Vitamin E: 5.6mg (37.36%), Manganese: 0.71mg (35.46%), Zinc: 4.91mg (32.73%), Magnesium: 108.71mg (27.18%), Vitamin B12: 1.32µg (22.02%), Fiber: 4.78g (19.11%), Iron: 2.77mg (15.39%), Potassium: 479.51mg (13.7%), Vitamin B6: 0.27mg (13.5%), Copper: 0.19mg (9.69%), Vitamin B1: 0.12mg (7.96%), Vitamin C: 5.2mg (6.3%), Vitamin D: 0.88µg (5.87%), Vitamin B5: 0.52mg (5.23%), Vitamin B3: 0.59mg (2.96%)