



## Spinach, Artichoke and Beer Dip

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 9 oz spinach frozen thawed chopped
- 6 oz marinated artichoke drained coarsely chopped
- 12 oz beer dark ( )
- 6 oz cream cheese
- 2 oz pizza cheese shredded
- 0.3 cup cream sour
- 0.3 cup mayonnaise
- 0.3 teaspoon garlic powder

- 0.3 teaspoon pepper red crushed
- 1 serving salt and pepper to taste

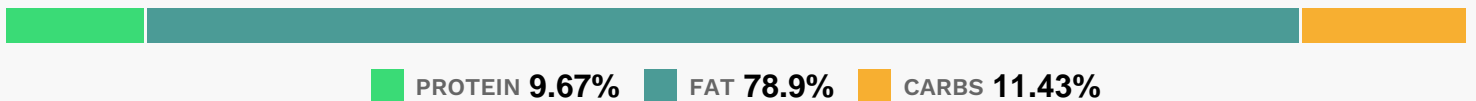
## Equipment

- bowl
- sauce pan
- microwave

## Directions

- In small saucepan, heat spinach, artichokes and 1 cup of the beer to boiling. Reduce heat; simmer 5 minutes.
- Remove from heat; drain and discard liquid.
- In large microwavable bowl, microwave cream cheese on High 30 to 60 seconds until softened. Stir in spinach and artichokes.
- Add pizza cheese, sour cream, mayonnaise, garlic powder, pepper flakes and remaining 1/2 cup beer; stir until blended.
- Microwave uncovered on High about 1 to 2 minutes or until thoroughly heated. Season with salt and pepper.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:20.42, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:15.095652149747%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallicocatechin: 0.05mg, Gallicocatechin: 0.05mg, Gallicocatechin: 0.05mg, Gallicocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 280.54kcal (14.03%), Fat: 23.76g (36.56%), Saturated Fat: 8.47g (52.92%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 5.91g (2.15%), Sugar: 2.01g (2.24%), Cholesterol: 40.1mg (13.37%), Sodium: 344.41mg (14.97%), Alcohol: 2.21g (100%), Alcohol %: 1.52% (100%), Protein: 6.55g (13.1%), Vitamin K: 174.23µg (165.93%), Vitamin A: 5741.11IU (114.82%), Folate: 68.74µg (17.18%), Manganese: 0.31mg (15.57%), Vitamin E: 1.85mg (12.35%), Calcium: 120.01mg (12%), Vitamin B2: 0.19mg (11.38%), Vitamin C: 8.38mg (10.16%), Magnesium: 39.12mg (9.78%), Selenium: 5.95µg (8.49%), Fiber: 1.84g (7.36%), Phosphorus: 69.12mg (6.91%), Potassium: 216.83mg (6.2%), Vitamin B6: 0.12mg (6.18%), Iron: 1.1mg (6.1%), Copper: 0.07mg (3.71%), Vitamin B1: 0.05mg (3.53%), Zinc: 0.44mg (2.92%), Vitamin B3: 0.55mg (2.76%), Vitamin B5: 0.27mg (2.75%), Vitamin B12: 0.1µg (1.75%)