



Spinach Artichoke Bread

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



173 kcal

Ingredients

- ☐ 12 ounces tuscan garden artichoke quarters in water drained
- ☐ 0.3 cup reggano original couscous
- ☐ 8 ounces happy farms cream cheese softened
- ☐ 2 cups little salad bar flat leaf spinach
- ☐ 0.5 teaspoon stonemill essentials garlic powder
- ☐ 0.5 cup happy farms mozzarella cheese shredded divided
- ☐ 0.8 cup friendly farms nonfat greek yogurt plain
- ☐ 1 teaspoon stonemill essentials onion powder
- ☐ 1 teaspoon stonemill essentials iodized salt

- ☐ 4 rolls french
- ☐ 2 tablespoons water

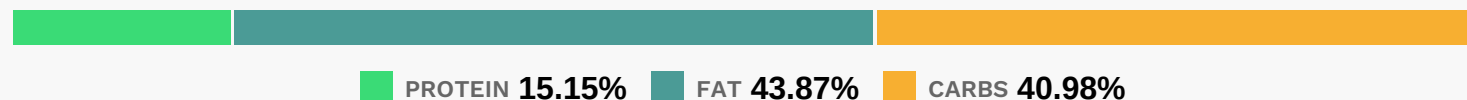
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Using an electric mixer, beat cream cheese until smooth.
- ☐ Add yogurt, continue mixing until smooth. Reserve.
- ☐ Place spinach and 2 tablespoons of water in a medium bowl. Cover with plastic wrap and microwave for 2 minutes. Allow to sit 1 minute, then drain, squeezing spinach to remove excess water. Allow to cool.
- ☐ Chop spinach and artichokes. Fold into the cream cheese mixture.
- ☐ Add onion powder, garlic powder, salt, 1/4 cup mozzarella and Parmesan.
- ☐ Cut the French bread in half. Slightly hollow each half by removing some of the bread from the middle. Fill with the spinach artichoke mixture and level the filling.
- ☐ Sprinkle with the remaining mozzarella.
- ☐ Place the filled loaves on a baking sheet.
- ☐ Bake for 15–20 minutes, until the filling is bubbly and the cheese on top is browned slightly. Allow to cool for several minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:16.42, Glycemic Load:9.66, Inflammation Score:-9, Nutrition Score:9.1508696646146%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 172.51kcal (8.63%), Fat: 8.41g (12.94%), Saturated Fat: 4.46g (27.86%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 16.16g (5.87%), Sugar: 3.15g (3.5%), Cholesterol: 23.4mg (7.8%), Sodium: 500.8mg (21.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.07%), Vitamin A: 3205.76IU (64.12%), Vitamin K: 50.19µg (47.8%), Iron: 3.99mg (22.19%), Vitamin B2: 0.13mg (7.44%), Calcium: 73.9mg (7.39%), Phosphorus: 72.36mg (7.24%), Manganese: 0.14mg (6.76%), Fiber: 1.52g (6.08%), Selenium: 3.95µg (5.64%), Folate: 18.77µg (4.69%), Vitamin C: 3.67mg (4.45%), Vitamin B12: 0.24µg (3.92%), Potassium: 131.77mg (3.76%), Vitamin B6: 0.06mg (3.15%), Vitamin B1: 0.04mg (2.89%), Magnesium: 11.04mg (2.76%), Zinc: 0.41mg (2.73%), Vitamin B5: 0.26mg (2.55%), Vitamin E: 0.26mg (1.74%), Vitamin B3: 0.32mg (1.62%), Copper: 0.03mg (1.43%)