



Spinach-Artichoke Dip

 Gluten Free

READY IN



40 min.

SERVINGS



15

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts drained chopped canned
- 8 oz cream cheese softened
- 10 oz pkt spinach frozen thawed drained chopped
- 2 garlic cloves pressed
- 0.5 teaspoon ground pepper red
- 0.5 cup mayonnaise
- 0.5 cup parmesan cheese freshly grated
- 1 cup parmesan cheese freshly grated

- 1 cup pecans toasted chopped
- 0.5 cup cup heavy whipping cream sour

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 37
- Stir together artichoke hearts, spinach, cream cheese, 1 cup Parmesan cheese, pecans, sour cream, mayonnaise, garlic, and ground red pepper in a medium bowl. Spoon spinach mixture into a shallow 1 1/2-qt. baking dish; top with an additional 1/2 cup freshly grated Parmesan cheese.
- Bake 25 to 30 minutes or until golden.
- Serve with pita chips.

Nutrition Facts



PROTEIN 10.15% **FAT 80.24%** **CARBS 9.61%**

Properties

Glycemic Index:9.93, Glycemic Load:0.32, Inflammation Score:-9, Nutrition Score:11.417826043523%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg 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: 218.97kcal (10.95%), Fat: 19.95g (30.69%), Saturated Fat: 6.67g (41.69%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 3.76g (1.37%), Sugar: 1.48g (1.64%), Cholesterol: 31.63mg (10.54%), Sodium: 384.04mg (16.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.35%), Vitamin K: 83.37µg (79.4%), Vitamin A: 2589.82IU (51.8%), Manganese: 0.45mg (22.48%), Calcium: 141.23mg (14.12%), Phosphorus: 115.32mg (11.53%), Selenium: 6.7µg (9.58%), Vitamin B2: 0.14mg (7.97%), Folate: 31.73µg (7.93%), Vitamin E: 1.12mg (7.44%), Magnesium: 28.06mg (7.02%), Fiber: 1.62g (6.46%), Zinc: 0.96mg (6.37%), Copper: 0.12mg (5.87%), Vitamin B1: 0.07mg (4.72%), Potassium: 144.83mg (4.14%), Vitamin B6: 0.07mg (3.66%), Iron: 0.62mg (3.44%), Vitamin B12: 0.19µg (3.22%), Vitamin B5: 0.23mg (2.34%), Vitamin C: 1.36mg (1.64%), Vitamin B3: 0.21mg (1.05%)