



Spinach Artichoke Dip

READY IN



35 min.

SERVINGS



12

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts in water drained chopped canned
- ☐ 1 tablespoon butter
- ☐ 1 cup chicken broth canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 20 ounce pkt spinach frozen thawed drained chopped
- ☐ 3 cloves garlic chopped
- ☐ 0.5 cup half-and-half
- ☐ 1 pinch penzey's southwest seasoning italian to taste

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion chopped
- ☐ 1 small bell pepper red chopped
- ☐ 3 cups mozzarella cheese shredded

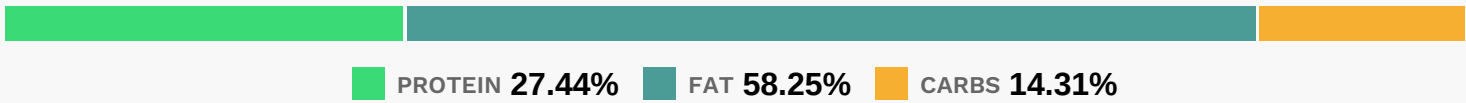
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat olive oil and butter together in a saucepan. Cook and stir garlic, onion, and red bell pepper in hot oil mixture until onion is lightly transparent, about 5 minutes; season with Italian seasoning and continue cooking and stirring another 2 minutes.
- ☐ Sprinkle flour over the onion mixture; stir to incorporate.
- ☐ Whisk white wine into the onion mixture; bring to a simmer and cook until the liquid has reduced by half, 7 to 10 minutes.
- ☐ Pour chicken stock into the saucepan and bring to a boil. Stir half-and-half into the mixture, cook until it just begins to bubble and stir spinach, artichokes, and mozzarella cheese into the mixture; cook and stir until the cheese has fully melted, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:18.24260866642%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 196.97kcal (9.85%), Fat: 12.39g (19.06%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 4.69g (1.7%), Sugar: 1.88g (2.09%), Cholesterol: 36.7mg (12.23%), Sodium: 429.82mg (18.69%), Alcohol: 1.03g (100%), Alcohol %: 0.8% (100%), Protein: 13.13g (26.27%), Vitamin K: 178.86µg (170.34%), Vitamin A: 6018.21IU (120.36%), Calcium: 220.19mg (22.02%), Manganese: 0.39mg (19.44%), Folate: 77.53µg (19.38%), Selenium: 11.65µg (16.64%), Phosphorus: 165.87mg (16.59%), Vitamin B2: 0.24mg (13.97%), Vitamin B12: 0.83µg (13.84%), Vitamin C: 11.25mg (13.63%), Vitamin E: 1.97mg (13.12%), Magnesium: 48.12mg (12.03%), Zinc: 1.6mg (10.7%), Fiber: 2.16g (8.65%), Vitamin B6: 0.17mg (8.45%), Iron: 1.4mg (7.76%), Potassium: 257.59mg (7.36%), Vitamin B1: 0.07mg (4.92%), Copper: 0.09mg (4.42%), Vitamin B3: 0.85mg (4.24%), Vitamin B5: 0.16mg (1.56%)