



Spinach-Artichoke Dip

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



646 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce artichoke hearts drained roughly chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup cheddar cheese grated
- ☐ 0.5 cup whipped cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 servings tortilla chips french sliced
- ☐ 0.8 cup cream sour
- ☐ 10 ounce irish oats frozen thawed chopped

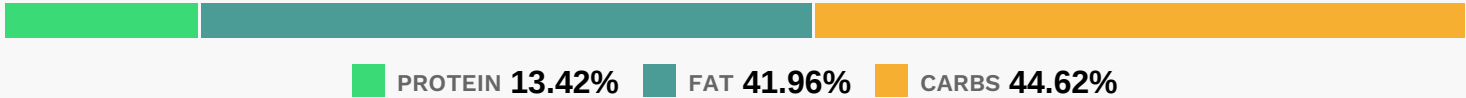
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400 F.Squeeze the spinach between paper towels to remove excess moisture. In a medium bowl, combine the spinach, artichokes, cream cheese, sour cream, and Cheddar. Season with the salt and pepper. Scrape the mixture into a small oven-safe baking dish.
- ☐ Bake until lightly golden and heated through, about 15 minutes.
- ☐ Serve warm with the chips or bread and the lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:22.94, Inflammation Score:-5, Nutrition Score:9.9621739322725%

Nutrients (% of daily need)

Calories: 645.6kcal (32.28%), Fat: 30.4g (46.77%), Saturated Fat: 12.31g (76.96%), Carbohydrates: 72.74g (24.25%), Net Carbohydrates: 62.09g (22.58%), Sugar: 3.04g (3.38%), Cholesterol: 59.39mg (19.8%), Sodium: 895.3mg (38.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.74%), Fiber: 10.65g (42.6%), Calcium: 316.71mg (31.67%), Phosphorus: 232.03mg (23.2%), Iron: 3.45mg (19.19%), Selenium: 10.93µg (15.62%), Vitamin B2: 0.22mg (13.04%), Vitamin A: 604.63IU (12.09%), Zinc: 1.6mg (10.64%), Vitamin E: 1.41mg (9.42%), Magnesium: 36.51mg (9.13%), Vitamin K: 7.52µg (7.17%), Vitamin B12: 0.41µg (6.86%), Vitamin B5: 0.62mg (6.18%), Vitamin B6: 0.09mg (4.54%), Potassium: 139.37mg (3.98%), Vitamin B1: 0.06mg (3.93%), Folate: 12.13µg (3.03%), Copper: 0.05mg (2.34%), Vitamin B3: 0.3mg (1.48%), Vitamin D: 0.2µg (1.33%), Manganese: 0.02mg (1.22%)