



Spinach Artichoke Dip



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounces artichokes canned (in water)
- ☐ 0.5 cup plant-based milk
- ☐ 0.5 cup nutritional yeast
- ☐ 6 ounces pkt spinach fresh
- ☐ 2 garlic cloves whole
- ☐ 2 tbsp flour whole wheat

Equipment

- ☐ food processor

- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ Drain the can of artichokes and set aside. Line a medium pot with a thin layer of water and turn the heat up to high.
- ☐ Add spinach, cover and cook until spinach is dark green, about 5 minutes. Turn off heat, drain and then transfer spinach, garlic, artichokes and non-dairy milk to food processor or blender. Process until smooth and creamy. Return mixture to pot and whisk in nutritional yeast and flour. Turn heat to medium and cook until thoroughly warm.

☐ Add salt and pepper to taste and serve.

☐ Amount Per Serving

☐ Calories

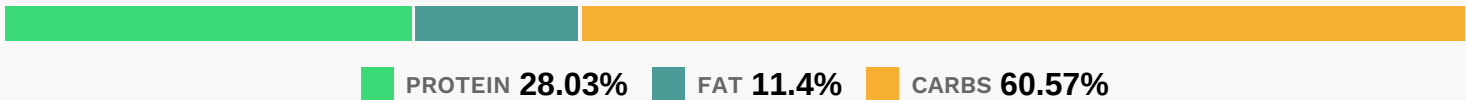
☐ Fat

☐ 50g

☐ Carbohydrate

☐ 90gDietary Fiber11.90gSugars2.80gProtein15.40g

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:22.112608557162%

Flavonoids

Naringenin: 13.29mg, Naringenin: 13.29mg, Naringenin: 13.29mg, Naringenin: 13.29mg Apigenin: 7.95mg, Apigenin: 7.95mg, Apigenin: 7.95mg, Apigenin: 7.95mg Luteolin: 2.76mg, Luteolin: 2.76mg, Luteolin: 2.76mg, Luteolin: 2.76mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 112.81kcal (5.64%), Fat: 1.63g (2.5%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 19.44g (6.48%), Net Carbohydrates: 10.99g (4%), Sugar: 2.73g (3.03%), Cholesterol: 3.66mg (1.22%), Sodium: 145.44mg (6.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9g (18%), Vitamin K: 221.31µg (210.77%), Vitamin A: 4051.18IU (81.02%), Manganese: 0.82mg (41.11%), Folate: 156.37µg (39.09%), Fiber: 8.46g (33.83%), Vitamin C: 24.86mg (30.13%), Magnesium: 106.21mg (26.55%), Potassium: 805.11mg (23%), Iron: 2.99mg (16.64%), Phosphorus: 162.11mg (16.21%), Copper: 0.32mg (16%), Calcium: 130.3mg (13.03%), Vitamin B6: 0.26mg (12.88%), Vitamin B2: 0.2mg (11.77%), Vitamin B1: 0.15mg (9.82%), Vitamin B3: 1.64mg (8.18%), Vitamin E: 1.11mg (7.38%), Zinc: 0.98mg (6.53%), Vitamin B5: 0.53mg (5.31%), Selenium: 3.59µg (5.13%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%)