



Spinach-Artichoke Dip Potato Salad

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



374 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup parsley fresh chopped
- ☐ 9 oz spinach frozen chopped
- ☐ 2 garlic clove minced
- ☐ 2 teaspoons seasoning dried italian
- ☐ 12 oz marinated artichoke drained chopped
- ☐ 0.8 cup mayonnaise

- ☐ 0.8 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1.5 cups potato chips crushed
- ☐ 0.8 cup onion red chopped
- ☐ 3 pounds potatoes – remove skin red
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons citrus champagne vinegar

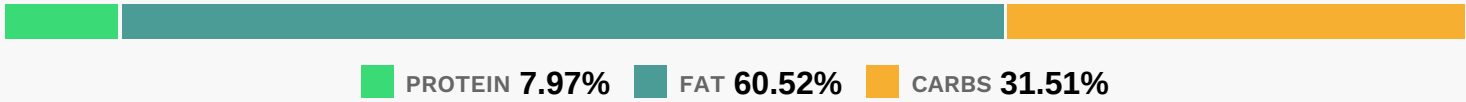
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cook potatoes in boiling water to cover 20 to 25 minutes or just until tender.
- ☐ Drain; cool 15 minutes.
- ☐ Cut into cubes.
- ☐ Cook spinach according to package directions, and press between paper towels.
- ☐ Whisk together cream cheese and next 8 ingredients in a large bowl. Stir in artichoke hearts, next 2 ingredients, and spinach; gently stir in potatoes.
- ☐ Sprinkle with potato chips; serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:18.677391228469%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 373.88kcal (18.69%), Fat: 25.54g (39.29%), Saturated Fat: 7.32g (45.75%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 26.09g (9.49%), Sugar: 3.66g (4.06%), Cholesterol: 31.51mg (10.5%), Sodium: 663.26mg (28.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.13%), Vitamin K: 130.84µg (124.61%), Vitamin A: 3229.79IU (64.6%), Vitamin C: 21.75mg (26.36%), Potassium: 799.63mg (22.85%), Manganese: 0.44mg (22.05%), Phosphorus: 172.35mg (17.24%), Vitamin B6: 0.33mg (16.46%), Vitamin E: 2.47mg (16.45%), Folate: 62.22µg (15.55%), Fiber: 3.83g (15.3%), Calcium: 143.76mg (14.38%), Magnesium: 55.51mg (13.88%), Copper: 0.23mg (11.47%), Vitamin B2: 0.18mg (10.79%), Iron: 1.9mg (10.57%), Vitamin B1: 0.15mg (10.26%), Vitamin B5: 1.01mg (10.13%), Vitamin B3: 2mg (9.98%), Selenium: 6.76µg (9.65%), Zinc: 1.08mg (7.2%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.19µg (1.26%)