



Spinach Artichoke Feta Ball

 Vegetarian  Gluten Free  Popular

READY IN



15 min.

SERVINGS



16

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounce artichoke hearts with hard leaf tips removed chopped canned
- 8 ounce cream cheese
- 4 ounce feta cheese crumbled
- 2 teaspoons garlic minced
- 1 ounce ranch salad dressing mix dry
- 10 ounce pkt spinach frozen dry thawed chopped

Equipment

- bowl

Directions

- In a large bowl, combine the cream cheese, spinach, feta cheese, artichokes, garlic and Ranch dressing mix.
- Mix together with clean hands until well blended. Form into a ball or log and set on a serving plate. Done!

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:7.8208694535753%

Flavonoids

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: 80.65kcal (4.03%), Fat: 6.5g (10%), Saturated Fat: 3.81g (23.83%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.55g (0.93%), Sugar: 0.71g (0.78%), Cholesterol: 20.62mg (6.87%), Sodium: 297.54mg (12.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin K: 66.34µg (63.19%), Vitamin A: 2297.98IU (45.96%), Vitamin B2: 0.13mg (7.8%), Folate: 29.25µg (7.31%), Calcium: 72.23mg (7.22%), Manganese: 0.13mg (6.73%), Selenium: 3.4µg (4.85%), Phosphorus: 48.31mg (4.83%), Vitamin E: 0.65mg (4.33%), Magnesium: 16mg (4%), Vitamin B6: 0.07mg (3.66%), Zinc: 0.38mg (2.52%), Vitamin B12: 0.15µg (2.52%), Fiber: 0.63g (2.52%), Potassium: 85.91mg (2.45%), Iron: 0.4mg (2.24%), Vitamin B1: 0.03mg (2.11%), Vitamin B5: 0.17mg (1.68%), Copper: 0.03mg (1.57%), Vitamin C: 1.09mg (1.32%)