



Spinach & Cheese Dip

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 10 oz pkt spinach frozen thawed drained chopped well
- 3 green onions divided sliced
- 1 cup italian* five cheese blend shredded kraft
- 0.5 cup real mayo mayonnaise kraft
- 0.5 cup roasted peppers red chopped

Equipment

- bowl

blender

Directions

- Beat cream cheese, mayo and half the onions in medium bowl with mixer until blended.
- Add spinach; mix just until blended. Stir in cheese and peppers.
- Refrigerate 1 hour.
- Sprinkle with remaining onions.

Nutrition Facts

PROTEIN 10.48% **FAT 82.91%** **CARBS 6.61%**

Properties

Glycemic Index:7.27, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:8.640869681278%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 134.75kcal (6.74%), Fat: 12.78g (19.66%), Saturated Fat: 4.24g (26.48%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.79g (0.88%), Cholesterol: 19.9mg (6.63%), Sodium: 187.33mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.27%), Vitamin K: 87.76µg (83.58%), Vitamin A: 2472.28IU (49.45%), Folate: 31.42µg (7.86%), Manganese: 0.15mg (7.33%), Vitamin E: 0.94mg (6.24%), Calcium: 58.22mg (5.82%), Vitamin B2: 0.08mg (4.81%), Vitamin C: 3.66mg (4.44%), Magnesium: 16.6mg (4.15%), Selenium: 2.63µg (3.76%), Phosphorus: 28.83mg (2.88%), Potassium: 100.28mg (2.87%), Fiber: 0.67g (2.67%), Iron: 0.46mg (2.57%), Vitamin B6: 0.05mg (2.57%), Copper: 0.04mg (1.97%), Vitamin B1: 0.02mg (1.63%), Zinc: 0.21mg (1.4%), Vitamin B5: 0.12mg (1.2%)