

## Spinach Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



397 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 ounce pkt spinach frozen thawed chopped
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 0.5 cup mayonnaise
- 1 cup onion minced
- 1 cup bell pepper red minced
- 0.5 teaspoon salt
- 0.5 cup cup heavy whipping cream sour

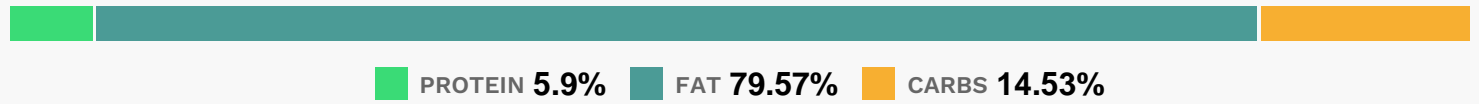
# Equipment

mixing bowl

# Directions

- Squeeze the water out of the spinach, and place the spinach into a mixing bowl. Stir in the onion, garlic, vegetables, sour cream, mayonnaise, and cumin. Season with salt and pepper.
- Let the dip stand at room temp for 1/2 hour for the flavors to mix, and stir again before serving. This dip keeps well in the fridge, covered, for up to 1 week.

# Nutrition Facts



# Properties

Glycemic Index:48, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:26.343912819157%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

# Nutrients (% of daily need)

Calories: 396.9kcal (19.84%), Fat: 36.26g (55.79%), Saturated Fat: 8.34g (52.14%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 10.1g (3.67%), Sugar: 6.52g (7.24%), Cholesterol: 38.3mg (12.77%), Sodium: 712.04mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Vitamin K: 415.68µg (395.89%), Vitamin A: 12908.74IU (258.17%), Vitamin C: 73.74mg (89.38%), Folate: 174.3µg (43.57%), Manganese: 0.85mg (42.66%), Vitamin E: 4.93mg (32.87%), Magnesium: 89.32mg (22.33%), Vitamin B6: 0.42mg (20.87%), Vitamin B2: 0.34mg (20.25%), Fiber: 4.8g (19.21%), Calcium: 189.42mg (18.94%), Potassium: 585.03mg (16.72%), Iron: 2.7mg (14.98%), Selenium: 8.58µg (12.26%), Phosphorus: 118.04mg (11.8%), Vitamin B1: 0.16mg (10.65%), Copper: 0.19mg (9.57%), Zinc: 0.98mg (6.55%), Vitamin B3: 1.11mg (5.54%), Vitamin B5: 0.52mg (5.17%), Vitamin B12: 0.13µg (2.09%)