



## Spinach-Ricotta Dip

 Vegetarian

READY IN



6 min.

SERVINGS



8

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup ricotta fresh
- 10 ounce pkt spinach frozen thawed
- 3 medium garlic cloves thinly sliced
- 0.5 teaspoon kosher salt
- 8 servings lavash crackers toasted
- 1 tablespoon olive oil
- 2 tablespoons pinenuts
- 0.5 medium onion yellow finely chopped

## Equipment

- food processor
- frying pan

## Directions

- Watch how to make this recipe.
- In a large frying pan, heat oil over medium heat. When oil shimmers, add pine nuts and cook until they make a popping noise and start to brown, about 1 minute. Stir in garlic and onion and season well with salt and freshly ground black pepper. Cook, stirring occasionally, until onion is golden brown, about 3 minutes.
- Transfer onion mixture to a food processor fitted with a blade, add in remaining ingredients, and process until smooth. Taste and adjust seasoning, as necessary.
- Serve with flatbread, toasted pita wedges, or lavash crackers for dipping.

## Nutrition Facts

**PROTEIN 15.49%** **FAT 28.46%** **CARBS 56.05%**

## Properties

Glycemic Index:10.5, Glycemic Load:0.37, Inflammation Score:-10, Nutrition Score:14.032173968528%

## Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Nutrients (% of daily need)

Calories: 194.05kcal (9.7%), Fat: 6.17g (9.48%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 25.03g (9.1%), Sugar: 1.16g (1.29%), Cholesterol: 7.91mg (2.63%), Sodium: 365.26mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.1%), Vitamin K: 134.44µg (128.04%), Vitamin A: 4225.27IU (84.51%), Manganese: 0.5mg (24.93%), Iron: 2.76mg (15.32%), Folate: 55.43µg (13.86%), Vitamin E: 1.53mg (10.21%), Fiber: 2.29g (9.15%), Magnesium: 35.53mg (8.88%), Calcium: 81.92mg (8.19%), Vitamin B2: 0.12mg (6.96%), Selenium: 4.59µg (6.55%), Phosphorus: 59.94mg (5.99%), Potassium: 168.41mg (4.81%), Copper: 0.09mg (4.67%), Vitamin B6: 0.09mg (4.61%), Zinc: 0.56mg (3.76%), Vitamin C: 2.83mg (3.43%), Vitamin B1: 0.05mg (3.32%), Vitamin B3: 0.32mg (1.61%)