



## Super Italian Spinach Dip

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



8

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 9 oz spinach frozen
- 3 oz cream cheese softened
- 0.5 cup cream sour
- 1 tablespoon salad dressing mix italian (from 0.6-oz packet)
- 1 serving savory vegetable assorted

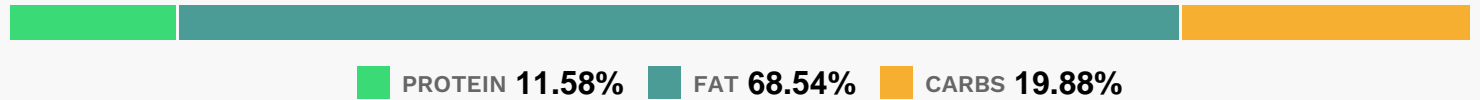
### Equipment

- bowl

## Directions

- Cook spinach as directed on package. Cool; squeeze to drain.
- In medium bowl, mix spinach, cream cheese, sour cream and dressing mix until well blended.
- Cover; refrigerate at least 2 hour or until chilled.
- Serve with vegetables or crackers.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:12.582608746446%

## Nutrients (% of daily need)

Calories: 83.39kcal (4.17%), Fat: 6.69g (10.29%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 2.98g (1.09%), Sugar: 1.1g (1.22%), Cholesterol: 19.22mg (6.41%), Sodium: 119.17mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin K: 119.08µg (113.41%), Vitamin A: 4549.75IU (91%), Folate: 51.36µg (12.84%), Manganese: 0.25mg (12.75%), Vitamin B2: 0.13mg (7.63%), Magnesium: 29.04mg (7.26%), Vitamin E: 1.07mg (7.14%), Calcium: 68.82mg (6.88%), Fiber: 1.38g (5.52%), Selenium: 3.41µg (4.86%), Potassium: 166.47mg (4.76%), Phosphorus: 44.64mg (4.46%), Iron: 0.73mg (4.07%), Vitamin B6: 0.08mg (3.88%), Vitamin C: 3.07mg (3.72%), Vitamin B1: 0.05mg (3.28%), Copper: 0.06mg (3.05%), Zinc: 0.33mg (2.2%), Vitamin B3: 0.33mg (1.64%), Vitamin B5: 0.16mg (1.57%)