



Super-Simple Bacon, Spinach, and Artichoke Dip

 Gluten Free

READY IN



27 min.

SERVINGS



3

CALORIES



991 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce artichoke hearts drained chopped canned
- 1 pound bacon
- 10 ounce pkt spinach frozen thawed drained chopped
- 0.3 cup mayonnaise
- 0.3 cup parmesan cheese grated
- 8 ounce cup heavy whipping cream sour

Equipment

- frying pan
- paper towels

Directions

- Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned and crisp, about 12 minutes.
- Drain the bacon slices on a paper towel-lined plate. Cool; chop coarsely.
- Stir together the bacon, spinach, artichoke hearts, sour cream, mayonnaise, and Parmesan cheese until well combined.
- Serve immediately, or store in the refrigerator in an airtight container for up to 5 days.

Nutrition Facts

PROTEIN 11.19% **FAT 83.08%** **CARBS 5.73%**

Properties

Glycemic Index:16.67, Glycemic Load:0.05, Inflammation Score:-10, Nutrition Score:30.539130480393%

Nutrients (% of daily need)

Calories: 991.41kcal (49.57%), Fat: 91.51g (140.79%), Saturated Fat: 31.25g (195.33%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 10g (3.63%), Sugar: 4.03g (4.48%), Cholesterol: 159.48mg (53.16%), Sodium: 1707.57mg (74.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.46%), Vitamin K: 383.24µg (364.99%), Vitamin A: 11692.02IU (233.84%), Selenium: 42.2µg (60.29%), Phosphorus: 378.24mg (37.82%), Folate: 142.99µg (35.75%), Vitamin B1: 0.53mg (35.02%), Manganese: 0.7mg (34.93%), Vitamin B3: 6.64mg (33.19%), Vitamin B6: 0.6mg (30.2%), Vitamin B2: 0.49mg (29.03%), Vitamin E: 4.33mg (28.88%), Calcium: 280.98mg (28.1%), Magnesium: 99.68mg (24.92%), Potassium: 739.9mg (21.14%), Zinc: 2.95mg (19.68%), Vitamin B12: 1.05µg (17.49%), Fiber: 4.2g (16.78%), Iron: 2.54mg (14.09%), Vitamin B5: 1.24mg (12.41%), Copper: 0.22mg (11%), Vitamin C: 5.88mg (7.12%), Vitamin D: 0.68µg (4.56%)