

The Perfect Hot Artichoke and Spinach Dip

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 3 cloves garlic pressed
- 0.3 cup spring onion chopped
- 1 jalapeno seeded finely chopped
- 1 tablespoon juice of lemon fresh
- 1 cup mayonnaise
- 0.8 cup parmesan cheese divided freshly grated
- 1.3 cups mozzarella cheese shredded divided

- 1 cup cream sour
- 10 ounce pkt spinach chopped

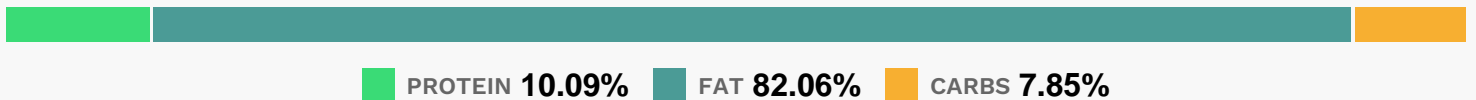
Equipment

- bowl
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a medium bowl, combine green onions and jalapeno. Stir in pressed garlic.
- In an 8x10 inch glass baking dish, mix sour cream and mayonnaise. Stir in green onions mixture. Blend in 1 cup mozzarella and 1/2 cup Parmesan. Stir in spinach and artichokes.
- Spread mixture evenly across the baking dish.
- Sprinkle lemon juice on top, and cover with aluminum foil.
- Bake in a preheated oven about 20 minutes.
- Remove, and sprinkle with remaining 1/4 cup mozzarella and 1/4 cup Parmesan. Return to oven, and bake until lightly browned, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:20.3, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:14.015217400115%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.86mg,

Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 290.26kcal (14.51%), Fat: 26.58g (40.89%), Saturated Fat: 7.97g (49.81%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 4.34g (1.58%), Sugar: 1.67g (1.85%), Cholesterol: 40.56mg (13.52%), Sodium: 538.08mg (23.39%), Alcohol: Og (100%), Protein: 7.35g (14.71%), Vitamin K: 181.41µg (172.77%), Vitamin A: 3024.2IU (60.48%), Calcium: 194.38mg (19.44%), Folate: 61.77µg (15.44%), Manganese: 0.29mg (14.54%), Vitamin C: 11.32mg (13.72%), Phosphorus: 136.28mg (13.63%), Vitamin E: 1.53mg (10.23%), Vitamin B2: 0.17mg (9.81%), Selenium: 6.81µg (9.73%), Vitamin B12: 0.5µg (8.26%), Magnesium: 31.54mg (7.88%), Zinc: 1.02mg (6.8%), Potassium: 233.69mg (6.68%), Fiber: 1.38g (5.54%), Iron: 1mg (5.53%), Vitamin B6: 0.1mg (4.88%), Copper: 0.06mg (2.81%), Vitamin B1: 0.04mg (2.65%), Vitamin B5: 0.19mg (1.93%), Vitamin B3: 0.29mg (1.45%)