



## VELVEETA Cheesy Spinach Dip

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



24

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 oz canned tomatoes undrained canned
- 0.3 tsp pepper red crushed
- 10 oz pkt spinach frozen thawed drained chopped
- 16 oz milk velveeta 2% cut into 1/2-inch cubes

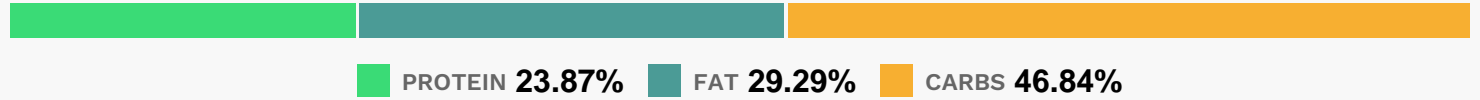
### Equipment

- bowl
- microwave

## Directions

- Microwave 2% Milk VELVEETA and tomatoes in 1-qt. microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring every 2 min.
- Add remaining ingredients; mix well. Microwave on HIGH 2 min. or until heated through; stir.
- Serve hot with breadsticks, tortilla chips or assorted cut-up fresh vegetables.

## Nutrition Facts



## Properties

Glycemic Index:3.17, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:5.5760868684105%

## Nutrients (% of daily need)

Calories: 20.12kcal (1.01%), Fat: 0.72g (1.11%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 1.93g (0.7%), Sugar: 1.72g (1.91%), Cholesterol: 2.27mg (0.76%), Sodium: 38.09mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Vitamin K: 44.9µg (42.76%), Vitamin A: 1457.46IU (29.15%), Manganese: 0.11mg (5.73%), Folate: 19.28µg (4.82%), Calcium: 44.18mg (4.42%), Vitamin E: 0.57mg (3.78%), Magnesium: 14.47mg (3.62%), Vitamin B2: 0.06mg (3.61%), Potassium: 118.08mg (3.37%), Phosphorus: 30.23mg (3.02%), Vitamin B6: 0.06mg (2.85%), Fiber: 0.66g (2.66%), Vitamin C: 2.17mg (2.63%), Iron: 0.44mg (2.45%), Copper: 0.05mg (2.38%), Vitamin B1: 0.03mg (2.28%), Vitamin B12: 0.1µg (1.7%), Selenium: 1.17µg (1.67%), Vitamin B3: 0.28mg (1.42%), Vitamin D: 0.21µg (1.39%), Vitamin B5: 0.13mg (1.28%), Zinc: 0.19mg (1.26%)