



# VELVEETA Queso Blanco Spinach & Artichoke Dip

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 14 oz artichoke hearts drained chopped canned
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.3 tsp garlic powder
- 0.3 tsp onion powder
- 16 oz queso blanco velveeta cut into 1/2-inch cubes

## Equipment

- bowl

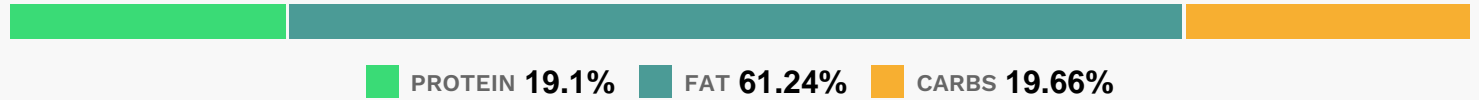
microwave

## Directions

Combine ingredients in microwaveable bowl.

Microwave on HIGH 5 min. or until VELVEETA is completely melted and mixture is well blended, stirring after 3 min.

## Nutrition Facts



## Properties

Glycemic Index:0.33, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:8.8682608461898%

## Nutrients (% of daily need)

Calories: 95.36kcal (4.77%), Fat: 6.46g (9.94%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 3.61g (1.31%), Sugar: 2.36g (2.62%), Cholesterol: 22.68mg (7.56%), Sodium: 607.07mg (26.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Vitamin K: 70.31µg (66.96%), Vitamin A: 2412.43IU (48.25%), Phosphorus: 253.33mg (25.33%), Calcium: 133.13mg (13.31%), Folate: 27.45µg (6.86%), Vitamin B2: 0.12mg (6.77%), Manganese: 0.13mg (6.7%), Fiber: 1.06g (4.23%), Zinc: 0.6mg (4.03%), Potassium: 138.98mg (3.97%), Vitamin E: 0.55mg (3.66%), Magnesium: 14.26mg (3.56%), Iron: 0.42mg (2.33%), Vitamin B6: 0.03mg (1.68%), Selenium: 1.15µg (1.65%), Vitamin C: 1.17mg (1.42%), Copper: 0.03mg (1.39%), Vitamin B1: 0.02mg (1.21%)