



VELVEETA® Spicy Spinach Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese cubed
- 10 oz pkt spinach frozen chopped
- 10 oz ro*tel tomatoes & chilies diced green drained canned
- 16 oz velveeta cut into 1/2-inch cubes

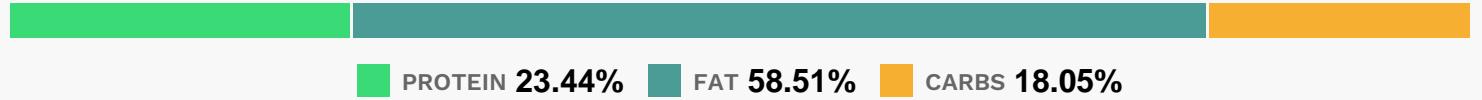
Equipment

- bowl
- microwave

Directions

- Place spinach in large microwaveable bowl. Microwave on HIGH 5 min.
- Add remaining ingredients; mix well.
- Microwave 5 min. or until VELVEETA is completely melted and mixture is well blended, stirring after 3 min.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.42, Inflammation Score:-9, Nutrition Score:11.284347847752%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 128.93kcal (6.45%), Fat: 8.55g (13.16%), Saturated Fat: 5.21g (32.59%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 5.16g (1.88%), Sugar: 3.76g (4.18%), Cholesterol: 27.97mg (9.32%), Sodium: 542.01mg (23.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.42%), Vitamin K: 72.12µg (68.68%), Vitamin A: 2873.62IU (57.47%), Phosphorus: 339.63mg (33.96%), Calcium: 214.51mg (21.45%), Vitamin B2: 0.28mg (16.31%), Folate: 31.6µg (7.9%), Manganese: 0.16mg (7.81%), Potassium: 234.47mg (6.7%), Zinc: 0.97mg (6.44%), Vitamin E: 0.78mg (5.2%), Vitamin C: 3.66mg (4.44%), Magnesium: 17.61mg (4.4%), Selenium: 2.43µg (3.48%), Fiber: 0.77g (3.1%), Vitamin B6: 0.06mg (2.8%), Iron: 0.47mg (2.6%), Copper: 0.04mg (2.05%), Vitamin B1: 0.03mg (1.88%), Vitamin B5: 0.12mg (1.21%), Vitamin B3: 0.22mg (1.11%)