



Veronica's Hot Spinach, Artichoke and Chile Dip



Gluten Free



Popular

READY IN



40 min.

SERVINGS



10

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 0.3 cup jalapeño peppers canned drained chopped
- ☐ 16 ounce cream cheese softened
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 12 ounce marinated artichoke hearts drained chopped
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup parmesan cheese freshly grated

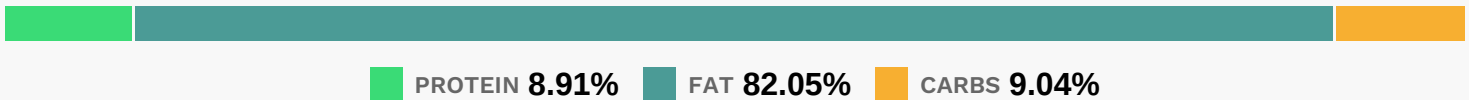
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix together the cream cheese and mayonnaise in a bowl until smooth. Stir in the green chiles, Parmesan cheese, artichokes, peppers, and spinach. Spoon the mixture into a baking dish.
- ☐ Bake in preheated oven until slightly browned, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:0.71, Inflammation Score:-10, Nutrition Score:15.246956611457%

Nutrients (% of daily need)

Calories: 326.26kcal (16.31%), Fat: 30.07g (46.26%), Saturated Fat: 12.38g (77.39%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 5.64g (2.05%), Sugar: 2.37g (2.64%), Cholesterol: 59.22mg (19.74%), Sodium: 646.26mg (28.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Vitamin K: 125.28µg (119.31%), Vitamin A: 4441.29IU (88.83%), Calcium: 182.04mg (18.2%), Vitamin C: 13.41mg (16.25%), Selenium: 9.41µg (13.44%), Folate: 53.71µg (13.43%), Phosphorus: 130.19mg (13.02%), Vitamin B2: 0.21mg (12.33%), Vitamin E: 1.65mg (11.03%), Manganese: 0.22mg (10.89%), Magnesium: 29.98mg (7.49%), Fiber: 1.81g (7.23%), Iron: 1.13mg (6.29%), Zinc: 0.86mg (5.72%), Potassium: 199.58mg (5.7%), Vitamin B6: 0.1mg (5.25%), Vitamin B12: 0.25µg (4.14%), Vitamin B5: 0.36mg (3.62%), Copper: 0.06mg (3%), Vitamin B1: 0.04mg (2.91%), Vitamin B3: 0.29mg (1.43%)