



Warm Artichoke and Spinach Dip

READY IN



45 min.

SERVINGS



10

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce artichoke hearts drained chopped canned
- ☐ 10 servings belgian endive
- ☐ 0.5 cup breadcrumbs fresh soft crustless ()
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 10 ounce pkt spinach frozen cooked chopped
- ☐ 2 tablespoons green onions chopped (white and pale green parts only)
- ☐ 1 tablespoons hot sauce
- ☐ 1 cup mayonnaise
- ☐ 2 teaspoons mustard prepared

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion diced
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 10 servings pepper freshly ground to taste
- ☐ 10 servings sea salt to taste
- ☐ 1 tablespoons worcestershire sauce

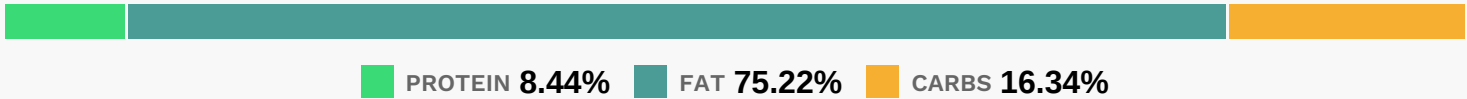
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Butter a 1-quart ovenproof dish, and set aside.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onion, and saut 3 to 4 minutes or until soft and translucent.
- ☐ Combine onion, artichoke, and next 9 ingredients in a large bowl, add sea salt and pepper, and stir to combine thoroughly.
- ☐ Transfer to prepared dish, and bake at 350 for 30 to 35 minutes or until heated through and bubbling around edges.
- ☐ Serve warm with Belgian endive, crostini, or crackers.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.33, Inflammation Score:-9, Nutrition Score:13.7882607346%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 274.6kcal (13.73%), Fat: 22.87g (35.18%), Saturated Fat: 4.64g (29.03%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 8.54g (3.11%), Sugar: 1.97g (2.19%), Cholesterol: 18.11mg (6.04%), Sodium: 933.26mg (40.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.54%), Vitamin K: 160.06µg (152.44%), Vitamin A: 3509.9IU (70.2%), Manganese: 0.3mg (14.79%), Calcium: 144.48mg (14.45%), Vitamin E: 2.04mg (13.58%), Folate: 53.35µg (13.34%), Selenium: 7.5µg (10.71%), Fiber: 2.64g (10.54%), Phosphorus: 97.66mg (9.77%), Vitamin B2: 0.13mg (7.83%), Magnesium: 30.09mg (7.52%), Vitamin B1: 0.09mg (6.3%), Iron: 1.12mg (6.23%), Vitamin C: 4.89mg (5.93%), Potassium: 175.84mg (5.02%), Zinc: 0.75mg (5%), Vitamin B6: 0.08mg (4.16%), Copper: 0.08mg (3.79%), Vitamin B12: 0.18µg (3.01%), Vitamin B3: 0.56mg (2.81%), Vitamin B5: 0.15mg (1.52%)