



Warm Spinach Artichoke Dip

 **Gluten Free**

READY IN



75 min.

SERVINGS



6

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz artichoke hearts
- 1 handful baby spinach
- 6 servings pepper black freshly ground
- 2 tablespoons cream cheese
- 1 tablespoon garlic minced
- 1 tablespoon juice of lemon
- 6 servings olive oil extra virgin extra-virgin
- 3 tablespoons parmesan

0.3 teaspoon pepper red

1 pinch salt

Equipment

food processor

pot

Directions

Place olive oil, artichoke hearts, garlic, red chili flakes and salt in a small pot and simmer covered for 1 hour.

Add baby spinach and cover pot again, steam for 2 minutes.

Place steamed ingredients, cheeses and lemon juice in a food processor and puree until chunky.

Garnish with black pepper and serve with warm bread.

Nutrition Facts

 **PROTEIN 4.6%** **FAT 86.48%** **CARBS 8.92%**

Properties

Glycemic Index:24.67, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:4.0730434782609%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 169.92kcal (8.5%), Fat: 16.36g (25.16%), Saturated Fat: 3.33g (20.8%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 2.58g (0.94%), Sugar: 0.82g (0.91%), Cholesterol: 6.58mg (2.19%), Sodium: 311.8mg (13.56%), Protein: 1.96g (3.92%), Vitamin K: 33µg (31.43%), Vitamin E: 2.2mg (14.68%), Vitamin A: 578.81IU (11.58%), Fiber: 1.22g (4.87%), Calcium: 42.66mg (4.27%), Manganese: 0.08mg (4.13%), Vitamin C: 2.79mg (3.38%), Phosphorus: 27.62mg (2.76%), Folate: 10.89µg (2.72%), Vitamin B2: 0.03mg (1.86%), Selenium: 1.24µg (1.77%), Vitamin B6: 0.03mg (1.72%),

Iron: 0.29mg (1.6%), Magnesium: 6.26mg (1.57%), Potassium: 47.6mg (1.36%)