

Cheesy Spinach Dip

🕒 45 min

👥 14 servings

149 Kcal / serving

9g Protein 12g Fat 2g Carbs

Ingredients

- 4 ounces cream cheese, softened, 4 ounces (112 g)
- 1½ cups (6 ounces) finely shredded or grated parmesan cheese, divided, 6 ounce (174 g)
- 2 garlic cloves, finely minced, 2 clove (6 g)
- Monterey jack cheese, 6 ounces (170.1 g)
- Spinach, 10 ounce (283.5 g)
- Sour Cream, 1 portion(s) (150 g)



Instructions

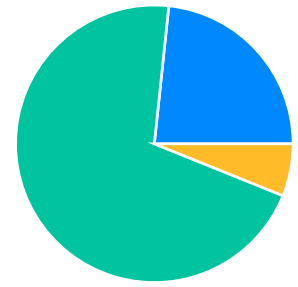
1. Preheat the oven to 170 C .
2. Press the excess moisture from the spinach- puree.
3. Combine the spinach, 1¼ cups of Parmesan cheese, 1¼ cups of Monterey (cheddar)Jack cheese, cream cheese, sour cream, and garlic in a bowl and mix well.
4. Spoon the mixture into a 1½-quart baking dish.
5. Sprinkle extra Monterey (cheddar) Jack and Parmesan cheeses on top, and then sprinkle with paprika, if desired.
6. Bake for 30 minutes.
7. Serve warm with vegetables or low carb crackers..

Comments

Keto, Gluten Free, Vegetarian

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2079.7	232.2	148.5
Protein [g]	122.9	13.7	8.8
Fat [g]	165.2	18.4	11.8
Carbs [g]	32.2	3.6	2.3
Fiber [g]	6.4	0.7	0.5
Net Carbs [g]	25.8	2.9	1.8



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	3880.8	433.3	277.2
Iron, Fe [mg]	10.7	1.2	0.8
Magnesium, Mg [mg]	373	41.6	26.6
Phosphorus, P [mg]	2344.7	261.8	167.5
Potassium, K [mg]	2239.2	250	159.9
Sodium, Na [mg]	4038	450.9	288.4
Zinc, Zn [mg]	12.5	1.4	0.9
Vitamin A, RAE [ug]	891.1	99.5	63.7
Vitamin E [mg]	8.1	0.9	0.6
Vitamin D [ug]	1.9	0.2	0.1
Vitamin C [mg]	82.9	9.3	5.9
Thiamin [mg]	0.4	0	0
Riboflavin [mg]	2.3	0.3	0.2
Niacin [mg]	2.9	0.3	0.2
Vitamin B6 [mg]	1	0.1	0.1
Vitamin B12 [ug]	4.1	0.5	0.3
Vitamin K [ug]	1381.2	154.2	98.7