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[Trios Spinach Artichoke Dip](#) ♦

Trios Spinach Artichoke Dip is a popular appetizer that is often served at parties and gatherings. It is a creamy and flavorful dip made with spinach, artichoke hearts, and a blend of cheeses. The dip is baked until bubbly and golden brown, and is typically served with tortilla chips or bread slices. It is a crowd-pleasing dish that is perfect for any occasion.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

300 g	spinach
200 g	Artichoke Hearts
250 g	cream cheese
200 g	sour cream

100 g	mayonnaise
100 g	Parmesan Cheese
100 g	Mozzarella Cheese
2 cloves	garlic
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the spinach, artichoke hearts, cream cheese, sour cream, mayonnaise, Parmesan cheese, mozzarella cheese, minced garlic, salt, and black pepper. Mix well.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Baking

Transfer the mixture to a baking dish and spread it evenly.

Prep Time: 5 mins

Cook Time: 25 mins

Step 4

Baking

Bake for 25 minutes, or until the dip is bubbly and golden brown on top.

Prep Time: 0 mins

Cook Time: 25 mins

Step 5

Cooling

Remove from the oven and let it cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	30 iu	3.33%	4.29%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	25 mg	2.5%	2.5%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Picnic

Course

Appetizers

Main Dishes

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Ramadan

Thanksgiving

Halloween

Cost

Over \$50

Demographics

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Volumetrics Diet

Paleo Diet

Meal Type

Snack

Lunch

Supper

Difficulty Level

Medium

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