

Kicked-Up Spinach Dip

Yield: 3 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-mushroom-lasagna-veg-recipe-of-india>

Ingredients:

- 8 ounces cream cheese, softened
- 8 ounces sour cream
- 4 slices bacon
- 1/2 sweet onion medium, chopped
- 1/4 red pepper chopped
- 1/4 green pepper chopped
- 1/2 cup mushrooms chopped
- 2 cloves garlic chopped
- 1 bag spinach
- 1/3 cup crumbled blue cheese or cheese of your choice

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 75 milligrams
4. Fat: 36 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 18 grams
8. Sodium: 660 milligrams
9. Sugar: 7 grams

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