

Creamy Italian Spinach And Artichoke Dip

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/creamy-italian-spinach-recipe>

Ingredients:

- 4 green onions chopped
- olive oil
- 8 ounces frozen artichoke hearts thawed and chopped
- 2 teaspoons minced garlic
- 8 ounces cream cheese [or mascarpone cheese]
- 10 ounces frozen chopped spinach thawed
- 8 ounces creme fraiche or sour cream
- 1 cup half & half
- 1/2 cup shredded Parmesan cheese
- 1/2 cup mayonnaise
- 1/2 teaspoon crushed red pepper flakes [to your taste]
- 1 teaspoon salt
- 1 1/2 teaspoons italian seasoning
- black pepper to taste
- 2 cups shredded mozzarella cheese

Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 175 milligrams
4. Fat: 68 grams
5. Fiber: 9 grams
6. Protein: 28 grams
7. SaturatedFat: 33 grams
8. Sodium: 1660 milligrams
9. Sugar: 8 grams

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