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## Spinach Artichoke Balls

Yield: 4 min Total Time: 55 min

Recipe from: https://www.recipeschoose.com/recipes/artichoke-thanksgiving-recipe

## **Ingredients:**

- 1 pound frozen chopped spinach thawed and chopped finely
- 1/2 pound artichokes frozen, thawed and chopped finely
- 5 eggs
- 1 onion large, minced
- 4 tablespoons butter melted and cooled
- 1 1/2 cups Parmesan cheese grated
- 2 cloves garlic minced
- 1/2 teaspoon cayenne powder
- 2 cups Italian style breadcrumbs
- 1 cup mayonnaise
- 1 cup sour cream
- 1/4 cup dill chopped
- 2 scallions chopped

## **Nutrition:**

1. Calories: 980 calories

2. Carbohydrate: 73 grams

3. Cholesterol: 365 milligrams

4. Fat: 63 grams5. Fiber: 10 grams

6. Protein: 39 grams

7. SaturatedFat: 26 grams

8. Sodium: 2430 milligrams

9. Sugar: 13 grams

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