

# Spinach Artichoke Dip

Yield: 6 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/garlic-dip-lebanese-recipe>

## Ingredients:

- 1 cup shredded Jack cheese divided
- 1/4 cup fat free sour cream
- 1/4 cup fresh Parmesan cheese grated, divided
- 1 teaspoon black pepper
- 3 cloves garlic minced
- 8 ounces artichoke hearts canned or frozen and thawed
- 8 ounces fat free cream cheese softened
- 5 ounces frozen chopped spinach thawed, drained, and squeezed dry

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 25 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 15 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 490 milligrams
9. Sugar: 3 grams

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