

Spinach Green Goddess Dip

Gourmet Magazine

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Yield: 2 1/4 cups

4 scallions, chopped
2 tablespoons unsalted butter
1 package (10 ounces) frozen chopped spinach, thawed, drained and squeezed dry
1 tablespoon (or more) anchovy paste (to taste)
8 ounces light cream cheese, cut into cubes
3/4 cup light sour cream
2 teaspoons fresh lemon juice
1 teaspoon fresh tarragon, chopped
1/2 teaspoon salt
1/4 teaspoon black pepper

Preparation Time: 15 minutes

In a heavy saucepan over medium heat, cook the scallions in butter, stirring, until softened, about three minutes.

Add the spinach and anchovy paste and cook, stirring, until heated through.

Add the cream cheese and cook, stirring, until the cheese is melted and warm. Stir in the sour cream, lemon juice, tarragon, salt and pepper.

Serve with carrots, radishes, broccoli florets, cherry tomatoes and whatever other fresh vegetables you like.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 920 Calories; 68g Fat (63.2% calories from fat); 42g Protein; 47g Carbohydrate; 15g Dietary Fiber; 203mg Cholesterol; 2736mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 4 1/2 Vegetable; 0 Fruit; 10 1/2 Fat; 1 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	920	Vitamin B6 (mg):	.7mg
% Calories from Fat:	63.2%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	19.3%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	17.5%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	68g	Folacin (mcg):	626mcg
Saturated Fat (g):	42g	Niacin (mg):	3mg
Monounsaturated Fat (g):	18g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0

Cholesterol (mg):	203mg
Carbohydrate (g):	47g
Dietary Fiber (g):	15g
Protein (g):	42g
Sodium (mg):	2736mg
Potassium (mg):	1936mg
Calcium (mg):	953mg
Iron (mg):	14mg
Zinc (mg):	4mg
Vitamin C (mg):	127mg
Vitamin A (i.u.):	38039IU
Vitamin A (r.e.):	4254RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	4
Vegetable:	4 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	10 1/2
Other Carbohydrates:	1

Nutrition Facts

Amount Per Serving

Calories 920 **Calories from Fat:** 582

% Daily Values*

Total Fat 68g	104%
Saturated Fat 42g	211%
Cholesterol 203mg	68%
Sodium 2736mg	114%
Total Carbohydrates 47g	16%
Dietary Fiber 15g	62%
Protein 42g	
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Vitamin A	761%
Vitamin C	211%
Calcium	95%
Iron	79%

* Percent Daily Values are based on a 2000 calorie diet.