

## Spinach Artichoke Dip



### Makes:

24 servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Multi-Purpose Oil Core

**Rate** ☆☆☆☆☆

### Recipe:

### Contributed By:

Karen Petersen  
Contributing Recipe Editor

### Write a Review

16 ounces  
frozen spinach, thawed and drained  
(454 g)  
28 ounces  
artichoke hearts, drained and chopped  
(794 g)  
10 ounces  
Alfredo sauce  
(284 g)  
½ cup  
mayonnaise, fat-free  
(120 g)  
8 ounces  
cream cheese, cut into cubes, fat-free  
(227 g)  
3 cloves  
garlic, shredded, use Cone #1  
2 tablespoons  
fresh lemon juice  
(30 mL)  
1 cup  
mozzarella cheese, fat-free, shredded, use Cone #1  
(113 g)

### Directions:

1. Combine all ingredients through Swiss cheese in MP5.
2. Cover and set temperature probe to 160°F/70°C and cook for 3 - 4 hours.
3. Once cooked, sprinkle with parmesan cheese and paprika.

Serve with toasted French bread slices or chips.

Nutritional Information per

▼ Serving

**Calories:** 103  
**Total Fat:** 6g  
**Saturated Fat:** 3g  
**Cholesterol:** 18mg  
**Sodium:** 323mg  
**Total** 7g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 1g  
**Protein:** 8g