AMERICAN · SNACK · SIDE

Lighter Baked Spinach and Artichoke Dip

40 min · Makes 12 × ¼ cup · 102 kcal a portion · Video 5:43 · Ellie Krieger

Gluten-free ingredients · No nuts listed

Vegetables lead in this version: spinach and artichokes bound with Greek yoghurt and a little cheese, for about 100 kcal and 2 g of fibre a ¼-cup serve, rich in vitamin K, with some folate and vitamin A.

Diet notes: Keto (3.8 g net carbs a serve); Vegetarian with a vegetarian hard cheese instead of the parmigiano-Reggiano (traditionally made with animal rennet).

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Ingredients 12 · MAKES 12 × ¼ CUP

- [ ] 1 tbsp **olive oil**, plus a little for the baking dish
- [ ] 1 medium **onion**, finely chopped
- [ ] 3 **garlic** cloves, minced
- [ ] 255 g **artichoke hearts** (frozen and thawed, or canned), rinsed and patted dry
- [ ] 283 g **frozen chopped spinach**, thawed and squeezed dry
- [ ] 120 g **plain Greek yoghurt** (2% or whole-milk)
- [ ] 120 ml **whipped cream cheese**
- [ ] 55 g shredded **part-skim mozzarella**
- [ ] 25 g grated **Parmigiano-Reggiano**, divided
- [ ] 2 tbsp **mayonnaise**
- [ ] ½ tsp **salt**
- [ ] ¼ tsp **black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 190 °C and lightly oil a small baking dish.
2. Warm the 1 tbsp oil in a pan and cook the onion and garlic until soft, golden and fragrant, about 8 minutes.
3. Squeeze the thawed spinach as dry as you can. Pulse it with the artichoke hearts in a food processor until roughly chopped, keeping some texture. 0:30
4. Add the mozzarella, yoghurt, cream cheese, mayonnaise, half the Parmesan, the onion and garlic, salt and pepper, and pulse until fairly smooth (or chop the vegetables finely and mix by hand). 1:48
5. Spread in the dish, scatter over the rest of the Parmesan and bake 20–25 minutes until hot and golden on top. Serve warm with cut vegetables or pita chips. 3:57

> **Tip** Make it a day ahead and bake just before serving. Serve with raw vegetables (capsicum, cucumber, carrot) to keep it gluten-free and lighter than pita chips.

The method is a summary in our words — the video shows every step.

One portion (¼ cup) gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
102 kcal	4.9 g	5.7 g
430 kJ	10% of a day	3.8 g net · 1.5 g sugars
		2% of a day

FIBRE	FAT	SODIUM
2 g	7.1 g	230 mg
7% of a day	2.8 g saturated	10% of a day
	9% of a day	

Energy from net carbs 15% · protein 20% · fat 65% — fits keto: 3.8 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Vitamin K 102%

Source of (10–19%) Vitamin A 17% · Folate 17% · Omega-3 15% · Vitamin C 10%

Recipe and video: Ellie Krieger (@realelliekrieger) on YouTube — youtube.com/watch?v=VQxN0TTcZwU, published 3 February 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lighter-spinach-artichoke-dip