



shugarysweets
SAVOR THE SWEET LIFE



Yield: 12 Servings

Instant Pot Spinach Artichoke Dip

Prep Time
5 minutes

Cook Time
4 minutes

Total Time
9 minutes

This cheesy, creamy **Instant Pot Spinach Artichoke Dip** is served warm and ready in MINUTES. It's the perfect crowd pleasing appetizer, and it's so easy to make too.

Ingredients

- 1/2 cup chicken broth
- 1 can (14 oz) artichoke hearts, drained
- 4 cloves garlic, pressed
- 1 box (10 oz) frozen spinach
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1 package (8 oz) cream cheese
- 1/2 tsp kosher salt
- 1 tsp onion powder
- 1 cup grated parmesan cheese
- 2 cups shredded mozzarella cheese

Instructions

1. Add chicken broth to the bottom of the pot. Top with drained artichokes, garlic, and frozen spinach.
2. Then add the sour cream, cream cheese, mayonnaise, kosher salt, and onion powder. Do NOT stir.
3. Lock the lid in place and make sure the valve on top is set to **SEALING**.
4. Select **HIGH PRESSURE** (or manual) for 4 minutes.
5. When cook time ends do a quick release of the pressure by turning the valve on top to "**VENTING**."
6. Open the lid and add parmesan and mozzarella cheese to the pot. Stir until smooth.
7. Serve with pita chips, bagel chips, pretzels, etc. ENJOY.

Notes

- Recipe tested in 6qt Instant Pot.
- Follow directions and be sure to add ingredients in the order stated, DO NOT STIR.
- To add a little heat/spice to the recipe, feel free to sprinkle in some crushed red pepper flakes when adding the cheese.
- Got leftovers? Serve it with warm rotini or rigatoni pasta. SO GOOD.
- You can also reheat leftovers in the oven or microwave until desired temperature.

Nutrition Information:

Yield: **12**

Serving Size: **1**

Amount Per Serving: Calories: **176** Total Fat: **15g** Saturated Fat: **5g** Trans Fat: **0g**
Unsaturated Fat: **8g** Cholesterol: **29mg** Sodium: **471mg** Carbohydrates: **4g**
Fiber: **0g** Sugar: **1g** Protein: **7g**

**Nutrition facts are an estimate and not guaranteed to be accurate. Please see a registered dietitian for special diet advice.*



Did you make this recipe?

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