



Basil-Spinach Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz water chestnuts drained chopped canned
- ☐ 1.5 cups yogurt plain fat free
- ☐ 0.3 cup basil fresh chopped
- ☐ 9 oz spinach frozen chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 2 tablespoons spring onion chopped
- ☐ 0.8 cup salad dressing reduced-fat

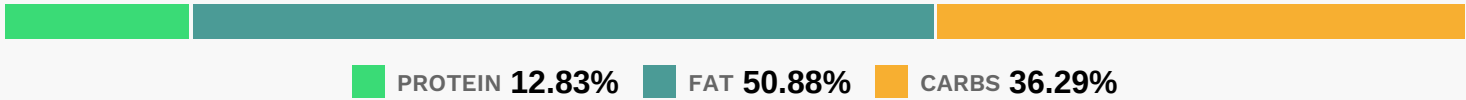
Equipment

☐ bowl

Directions

- ☐ Cook spinach as directed on box. Cool slightly; squeeze to drain well.
- ☐ In large bowl, mix all ingredients.
- ☐ Serve with pita chips or raw vegetables for dipping.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:8.1526088144468%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 66.44kcal (3.32%), Fat: 3.85g (5.92%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 5.13g (1.86%), Sugar: 2.9g (3.23%), Cholesterol: 4.4mg (1.47%), Sodium: 175.21mg (7.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Vitamin K: 79.97µg (76.16%), Vitamin A: 1919.58IU (38.39%), Manganese: 0.14mg (7.1%), Folate: 27.89µg (6.97%), Calcium: 69.05mg (6.91%), Vitamin B2: 0.1mg (5.63%), Phosphorus: 55.14mg (5.51%), Magnesium: 17.85mg (4.46%), Potassium: 148.87mg (4.25%), Fiber: 1.05g (4.21%), Vitamin E: 0.58mg (3.87%), Vitamin B6: 0.08mg (3.79%), Iron: 0.56mg (3.12%), Selenium: 1.95µg (2.78%), Zinc: 0.4mg (2.68%), Copper: 0.05mg (2.53%), Vitamin B12: 0.14µg (2.34%), Vitamin C: 1.61mg (1.95%), Vitamin B5: 0.19mg (1.95%), Vitamin B1: 0.03mg (1.93%)