



Creamy Feta-Spinach Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black
- 1 tablespoon teaspoon dill dried fresh minced
- 3 ounces feta cheese crumbled
- 1 garlic clove crushed
- 0.3 cup cup heavy whipping cream sour low-fat
- 1.5 cups pkt spinach finely chopped
- 8 ounce carton yogurt plain low-fat

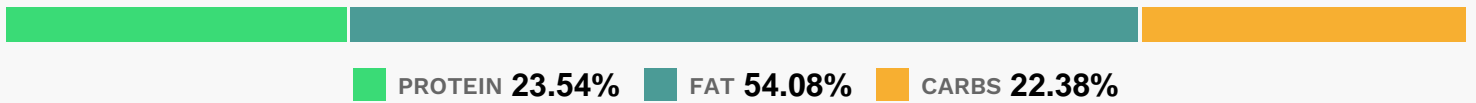
Equipment

- food processor
- bowl
- paper towels
- spatula

Directions

- Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels, and let stand 5 minutes.
- Scrape into the bowl of a food processor using a rubber spatula.
- Add the cheeses, sour cream, and garlic, and process until smooth, scraping sides of bowl once. Spoon yogurt mixture into a medium bowl, and stir in the spinach, minced dill, and pepper. Cover and chill.
- Garnish with fresh dill, if desired.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:4.9873913733856%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 57.76kcal (2.89%), Fat: 3.51g (5.4%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 3.13g (1.14%), Sugar: 2.04g (2.27%), Cholesterol: 13.68mg (4.56%), Sodium: 151.55mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin K: 27.51µg (26.2%), Vitamin A: 614.42IU (12.29%), Calcium: 120.92mg (12.09%), Vitamin B2: 0.17mg (10.02%), Phosphorus: 85.17mg (8.52%), Vitamin B12: 0.37µg (6.14%), Folate: 18.32µg (4.58%), Zinc: 0.63mg (4.2%), Selenium: 2.86µg (4.09%), Vitamin B6: 0.08mg (3.81%), Potassium: 121.84mg (3.48%), Manganese: 0.07mg (3.27%), Magnesium: 12.18mg (3.04%), Vitamin B5: 0.28mg (2.77%), Vitamin B1: 0.04mg (2.46%), Vitamin C: 2.03mg (2.46%), Iron: 0.26mg (1.46%), Vitamin E: 0.16mg (1.09%)