



Creamy Feta-Spinach Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



57 kcal

CONDIMENT

DIP

SPREAD

Ingredients

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

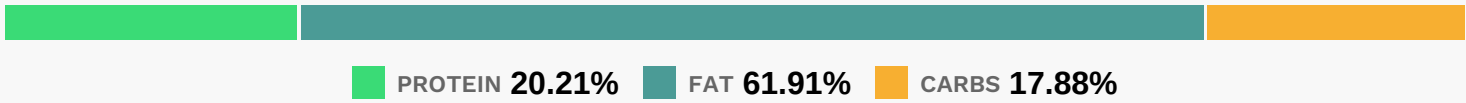
Equipment

- ☐ 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:19.38, Glycemic Load:0.43, Inflammation Score:0, Nutrition Score:4.6239130937535%

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: 57.19kcal (2.86%), Fat: 3.99g (6.15%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.46g (0.89%), Sugar: 1.36g (1.52%), Cholesterol: 15.66mg (5.22%), Sodium: 144.74mg (6.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin K: 27.51µg (26.2%), Vitamin A: 628.02IU (12.56%), Calcium: 103.34mg (10.33%), Vitamin B2: 0.15mg (8.82%), Phosphorus: 71.27mg (7.13%), Vitamin B12: 0.31µg (5.25%), Folate: 17.18µg (4.3%), Selenium: 2.55µg (3.65%), Zinc: 0.54mg (3.63%), Vitamin B6: 0.07mg (3.57%), Manganese: 0.07mg (3.27%), Potassium: 99.45mg (2.84%), Magnesium: 10.76mg (2.69%), Vitamin C: 1.95mg (2.36%), Vitamin B5: 0.22mg (2.2%), Vitamin B1: 0.03mg (2.18%), Iron: 0.25mg (1.41%), Vitamin E: 0.17mg (1.15%)