



Creamy Greek Feta Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

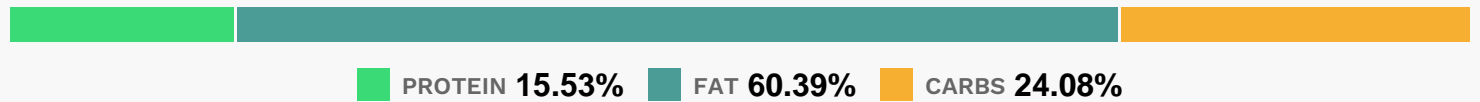
- 0.5 teaspoon pepper white black
- 4 cups vegetables such as celery sticks red assorted
- 0.3 cup feta crumbled
- 2 teaspoons optional: dill dried fresh chopped
- 1 teaspoon garlic powder
- 1 Dash hot sauce
- 0.5 cup greek yogurt low-fat
- 0.5 cup mayonnaise reduced-fat

Equipment

Directions

- Combine yogurt, mayonnaise, feta, dill, garlic powder, pepper and hot sauce, if desired. Chill until ready to serve.
- Serve with vegetables for dipping.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:7.0052173034005%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 131.58kcal (6.58%), Fat: 9g (13.85%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 6.26g (2.28%), Sugar: 3.5g (3.89%), Cholesterol: 14.46mg (4.82%), Sodium: 432.98mg (18.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin K: 44.8µg (42.67%), Calcium: 131.53mg (13.15%), Vitamin A: 558.33IU (11.17%), Folate: 40.86µg (10.21%), Potassium: 302.8mg (8.65%), Vitamin B2: 0.14mg (8.21%), Manganese: 0.15mg (7.32%), Fiber: 1.82g (7.27%), Vitamin B6: 0.14mg (6.81%), Phosphorus: 66.3mg (6.63%), Vitamin E: 0.91mg (6.05%), Vitamin C: 3.46mg (4.2%), Magnesium: 16.51mg (4.13%), Selenium: 2.73µg (3.89%), Vitamin B5: 0.36mg (3.61%), Iron: 0.62mg (3.47%), Zinc: 0.46mg (3.08%), Vitamin B1: 0.04mg (2.89%), Vitamin B12: 0.16µg (2.64%), Copper: 0.05mg (2.62%), Vitamin B3: 0.44mg (2.2%)