



## Creamy Mediterranean Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



20

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups knudsen cottage cheese
- 10 oz pkt spinach frozen thawed drained chopped
- 0.3 cup roasted pepper dressing red italian kraft

### Equipment

### Directions

- Mix ingredients until blended.

Serve with cut-up fresh vegetables.

## Nutrition Facts

**PROTEIN 43.8%** **FAT 33.33%** **CARBS 22.87%**

### Properties

Glycemic Index:1.35, Glycemic Load:0.15, Inflammation Score:-8, Nutrition Score:5.6934782571119%

### Nutrients (% of daily need)

Calories: 21.14kcal (1.06%), Fat: 0.82g (1.26%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.54g (0.61%), Cholesterol: 2.88mg (0.96%), Sodium: 95.83mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.83%), Vitamin K: 52.73µg (50.22%), Vitamin A: 1698IU (33.96%), Folate: 22.96µg (5.74%), Manganese: 0.1mg (5.19%), Selenium: 2.5µg (3.57%), Vitamin B2: 0.06mg (3.53%), Phosphorus: 34.36mg (3.44%), Calcium: 33.31mg (3.33%), Magnesium: 12.24mg (3.06%), Vitamin E: 0.42mg (2.83%), Vitamin C: 1.86mg (2.26%), Potassium: 70.08mg (2%), Vitamin B6: 0.04mg (1.82%), Fiber: 0.44g (1.76%), Iron: 0.3mg (1.66%), Copper: 0.03mg (1.42%), Vitamin B1: 0.02mg (1.23%), Vitamin B12: 0.07µg (1.21%), Vitamin B5: 0.11mg (1.09%), Zinc: 0.15mg (1.01%)