



Creamy Spinach and Feta Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.8 cup feta cheese crumbled
- ☐ 1 tablespoon optional: dill fresh
- ☐ 1 garlic clove crushed
- ☐ 0.3 cup cream sour low-fat
- ☐ 6 ounces nonfat greek yogurt
- ☐ 1.5 cups pkt spinach fresh finely chopped

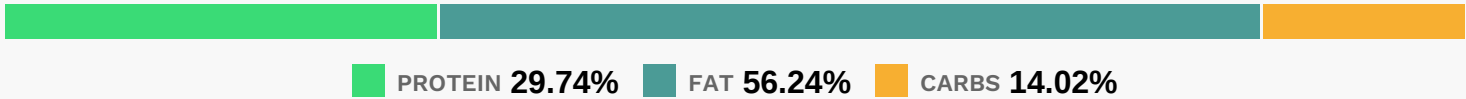
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place yogurt, feta cheese, cream cheese, sour cream, and crushed garlic clove in a food processor; process until smooth. Spoon yogurt mixture into a medium bowl; stir in spinach, fresh dill, and black pepper. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:5.0765216959559%

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: 61.96kcal (3.1%), Fat: 3.89g (5.98%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 2.04g (0.74%), Sugar: 0.74g (0.82%), Cholesterol: 16.09mg (5.36%), Sodium: 178.48mg (7.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin K: 27.52µg (26.21%), Vitamin A: 615.29IU (12.31%), Vitamin B2: 0.2mg (11.67%), Calcium: 109.55mg (10.96%), Phosphorus: 84.82mg (8.48%), Vitamin B12: 0.42µg (6.94%), Selenium: 4.55µg (6.5%), Vitamin B6: 0.09mg (4.52%), Folate: 17.78µg (4.45%), Zinc: 0.59mg (3.92%), Manganese: 0.07mg (3.36%), Magnesium: 10.35mg (2.59%), Potassium: 87.61mg (2.5%), Vitamin B1: 0.03mg (2.29%), Vitamin C: 1.8mg (2.19%), Vitamin B5: 0.21mg (2.13%), Iron: 0.28mg (1.54%), Vitamin B3: 0.23mg (1.17%), Vitamin E: 0.16mg (1.09%)