

Easy Greek Dip

READY IN



10 min.

SERVINGS



8

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup feta cheese crumbled
- 2 tablespoons optional: dill fresh chopped
- 1 small garlic clove pressed
- 32 oz yogurt plain low-fat
- 8 servings pita chips
- 12 oz roasted peppers red drained chopped
- 1 teaspoon penzey's southwest seasoning

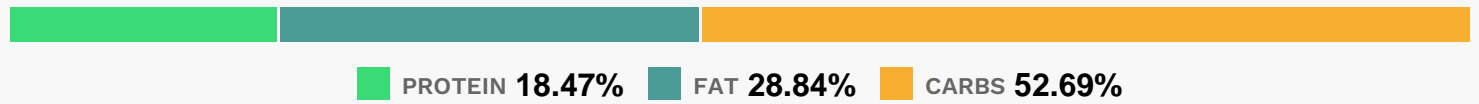
Equipment

- bowl
- paper towels
- sieve

Directions

- Line a fine wire-mesh strainer with a coffee filter.
- Place strainer over a bowl. Spoon yogurt into strainer.
- Let stand 15 minutes. Spoon yogurt into a medium bowl, and discard strained liquid.
- Pat bell peppers dry with paper towels. Stir peppers, feta cheese, chopped fresh dill, Greek seasoning, and garlic into yogurt. Cover and chill at least 1 hour. Store in an airtight container in refrigerator up to 3 days.
- Serve with pita chips.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:12.30347819432%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 221.71kcal (11.09%), Fat: 7.18g (11.04%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 27.66g (10.06%), Sugar: 9.35g (10.38%), Cholesterol: 10.98mg (3.66%), Sodium: 954.37mg (41.49%), Alcohol: 0g (100%), Protein: 10.35g (20.69%), Calcium: 263.55mg (26.35%), Vitamin C: 20.9mg (25.33%), Vitamin B2: 0.38mg (22.64%), Phosphorus: 223.87mg (22.39%), Selenium: 13.92µg (19.89%), Vitamin B1: 0.23mg (15.1%), Folate: 60.2µg (15.05%), Manganese: 0.3mg (14.79%), Vitamin E: 2.1mg (13.97%), Vitamin B3: 2.41mg (12.07%), Vitamin B12: 0.71µg (11.9%), Iron: 1.99mg (11.03%), Potassium: 376.47mg (10.76%), Zinc: 1.51mg (10.08%), Vitamin B6: 0.19mg (9.65%), Magnesium: 37.02mg (9.25%), Vitamin B5: 0.88mg (8.8%), Fiber: 1.85g (7.38%), Vitamin A: 316.97IU (6.34%), Copper: 0.12mg (5.81%), Vitamin K: 4.48µg (4.27%)