

Feta Dill Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces feta cheese divided crumbled
- ☐ 0.5 cup flat parsley
- ☐ 1 cup optional: dill fresh divided
- ☐ 1 cup nonfat greek yogurt
- ☐ 2 teaspoons citrus champagne vinegar

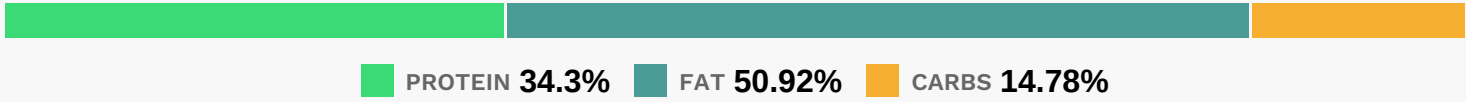
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a food processor, place yogurt, parsley, vinegar and all but 1 teaspoon feta and 1 teaspoon dill. Blend until smooth.
- ☐ Transfer to a bowl; top with remaining feta and dill and, if desired, pepper.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:7.4456522050111%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 56.93kcal (2.85%), Fat: 3.24g (4.98%), Saturated Fat: 1.92g (12%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.85g (0.94%), Cholesterol: 13.87mg (4.62%), Sodium: 176.38mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Vitamin K: 61.76µg (58.81%), Vitamin A: 830.15IU (16.6%), Vitamin B2: 0.21mg (12.41%), Vitamin C: 9.99mg (12.11%), Calcium: 115.1mg (11.51%), Phosphorus: 87.92mg (8.79%), Vitamin B12: 0.41µg (6.91%), Selenium: 4.61µg (6.58%), Folate: 20.8µg (5.2%), Vitamin B6: 0.09mg (4.52%), Manganese: 0.09mg (4.35%), Zinc: 0.63mg (4.23%), Iron: 0.73mg (4.08%), Potassium: 108.66mg (3.1%), Magnesium: 10.6mg (2.65%), Vitamin B5: 0.26mg (2.58%), Vitamin B1: 0.03mg (2.26%), Vitamin B3: 0.33mg (1.67%), Copper: 0.02mg (1.15%)