



Feta-Peppercorn Spread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



61 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 6 ounces feta cheese crumbled
- 1 cup yogurt plain low-fat

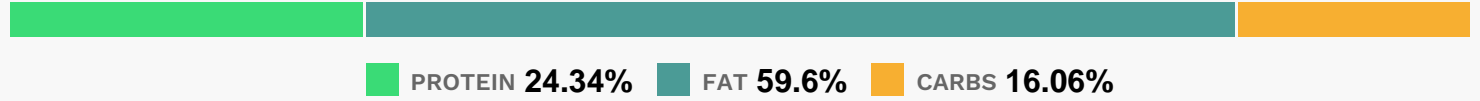
Equipment

- food processor
- blender

Directions

Place ingredients in a food processor or blender; pulse until smooth.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:3.1517390929486%

Nutrients (% of daily need)

Calories: 60.76kcal (3.04%), Fat: 4.04g (6.22%), Saturated Fat: 2.51g (15.68%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.73g (1.92%), Cholesterol: 16.61mg (5.54%), Sodium: 211.08mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Calcium: 129.14mg (12.91%), Vitamin B2: 0.2mg (11.54%), Phosphorus: 92.76mg (9.28%), Vitamin B12: 0.42µg (7.08%), Selenium: 3.36µg (4.81%), Zinc: 0.71mg (4.73%), Vitamin B6: 0.08mg (4.22%), Vitamin B5: 0.31mg (3.11%), Vitamin B1: 0.04mg (2.47%), Folate: 8.16µg (2.04%), Potassium: 69.21mg (1.98%), Magnesium: 7.57mg (1.89%), Vitamin A: 84.82IU (1.7%)