



Feta-Spinach Dip

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

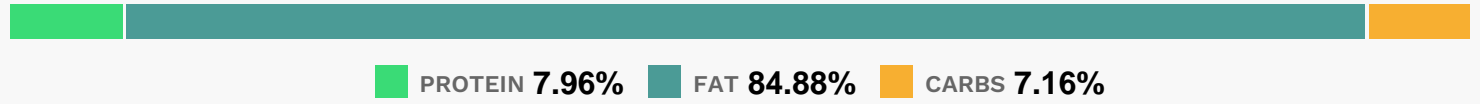
- 1 cup knudsen cream sour
- 4 oz athenos feta cheese crumbled traditional
- 10 oz pkt spinach frozen thawed drained chopped
- 0.3 cup kalamata olives sliced
- 0.5 cup real mayo mayonnaise kraft
- 0.3 cup roasted peppers red drained chopped

Equipment

Directions

- Mix all ingredients until blended; cover.
- Refrigerate several hours or until chilled.
- Serve with assorted cut-up vegetables or pita bread wedges.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:0.15, Inflammation Score:-9, Nutrition Score:12.510869635188%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 165.5kcal (8.27%), Fat: 15.97g (24.56%), Saturated Fat: 5.22g (32.65%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.05g (0.75%), Sugar: 1.05g (1.17%), Cholesterol: 28.37mg (9.46%), Sodium: 329.07mg (14.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin K: 124.31µg (118.39%), Vitamin A: 3554.15IU (71.08%), Calcium: 119.79mg (11.98%), Vitamin B2: 0.2mg (11.84%), Folate: 47.34µg (11.83%), Manganese: 0.21mg (10.58%), Vitamin E: 1.43mg (9.51%), Phosphorus: 72.77mg (7.28%), Magnesium: 26.58mg (6.65%), Selenium: 4.55µg (6.5%), Vitamin B6: 0.11mg (5.72%), Vitamin B12: 0.25µg (4.22%), Vitamin C: 3.39mg (4.11%), Potassium: 142.64mg (4.08%), Zinc: 0.59mg (3.9%), Fiber: 0.98g (3.9%), Iron: 0.69mg (3.85%), Vitamin B1: 0.05mg (3.43%), Copper: 0.06mg (2.97%), Vitamin B5: 0.23mg (2.35%), Vitamin B3: 0.3mg (1.52%)