



Feta Spread Htipiti



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



92 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 8 ounces feta cheese crumbled
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 10 servings garnishes: pepper dried red crushed
- ☐ 1 teaspoon pepperoncini salad peppers finely chopped

☐ 0.3 tsp pepper dried red crushed

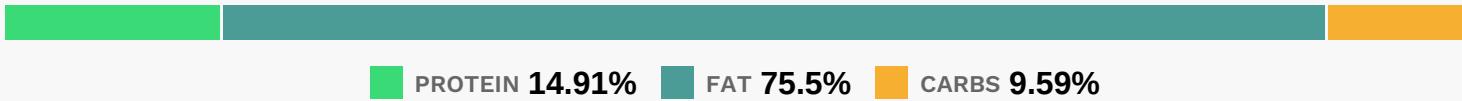
Equipment

☐ food processor

Directions

- ☐ Pulse feta cheese, 2 Tbsp. olive oil, lemon juice, pepperoncini salad peppers, garlic, oregano, 1/4 to 1/2 tsp. dried crushed red pepper, and black pepper in a food processor 6 to 8 times or until combined, stopping to scrape down sides. Cover and chill 2 hours before serving. Store in refrigerator up to 3 days.
- ☐ Serve with crostini or pita chips.
- ☐ Garnish with dried crushed red pepper and olive oil, if desired.
- ☐ Note: To serve as a sauce, prepare as directed, processing mixture 3 to 4 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:4.8791304463926%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 92.14kcal (4.61%), Fat: 7.99g (12.29%), Saturated Fat: 3.46g (21.61%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.21g (0.23%), Cholesterol: 20.18mg (6.73%), Sodium: 292.41mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin A: 708.86IU (14.18%), Vitamin B2: 0.21mg (12.51%), Calcium: 122.61mg (12.26%), Vitamin E: 1.27mg (8.46%), Phosphorus: 83.65mg (8.37%), Vitamin B6: 0.15mg (7.37%), Vitamin B12: 0.38µg (6.39%), Selenium: 3.88µg (5.54%), Vitamin K: 5.6µg (5.33%), Zinc: 0.75mg (5.02%), Iron: 0.6mg (3.35%), Fiber: 0.83g (3.33%), Manganese: 0.06mg (3%), Vitamin B1: 0.04mg (2.79%), Vitamin B5: 0.24mg (2.45%), Vitamin B3: 0.48mg (2.41%), Folate: 8.76µg (2.19%), Magnesium: 8.2mg (2.05%), Potassium:

60.93mg (1.74%), Copper: 0.03mg (1.55%), Vitamin C: 1.1mg (1.33%)