



Feta-Yogurt Dip with Pita Chips

 Vegetarian  Gluten Free

READY IN



24 min.

SERVINGS



12

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons bottled garlic minced
- 8 ounce carton cream sour reduced-fat
- 2 teaspoons olive oil extravirgin
- 1 cup yogurt plain fat-free
- 3 ounces feta cheese crumbled
- 0.3 teaspoon garlic salt
- 4 green onions coarsely chopped

- 4 6-inch oat bran pitas ()
- 2 tablespoons oregano leaves fresh
- 0.3 teaspoon salt

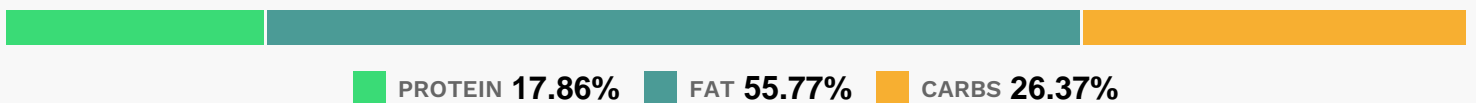
Equipment

- food processor
- bowl
- baking sheet
- oven

Directions

- Preheat oven to 400
- Split each pita in half horizontally; cut each half into 6 wedges. Arrange pita wedges, rough sides up, in a single layer on a large baking sheet. Lightly coat wedges with cooking spray; sprinkle with garlic salt.
- Bake at 400 for 9 minutes or until golden brown and crisp. Cool completely.
- Place yogurt and next 8 ingredients in a food processor; process until smooth.
- Pour into a serving bowl; cover and chill at least 30 minutes.
- Serve with pita chips.

Nutrition Facts



Properties

Glycemic Index:15.04, Glycemic Load:0.32, Inflammation Score:-7, Nutrition Score:3.9239130564358%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 67.47kcal (3.37%), Fat: 4.3g (6.62%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 4.04g (1.47%), Sugar: 1.75g (1.94%), Cholesterol: 13.33mg (4.44%), Sodium: 210.12mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin K: 14.22µg (13.54%), Calcium: 120.36mg (12.04%), Vitamin B2: 0.14mg (8.21%), Phosphorus: 75.86mg (7.59%), Vitamin B12: 0.32µg (5.39%), Manganese: 0.09mg (4.46%), Selenium: 2.72µg (3.88%), Zinc: 0.56mg (3.7%), Potassium: 123.87mg (3.54%), Vitamin B6: 0.07mg (3.34%), Vitamin A: 147.69IU (2.95%), Folate: 11.54µg (2.88%), Magnesium: 11.23mg (2.81%), Iron: 0.48mg (2.69%), Vitamin B1: 0.04mg (2.5%), Vitamin E: 0.34mg (2.29%), Vitamin B5: 0.22mg (2.21%), Fiber: 0.54g (2.15%), Vitamin C: 1.38mg (1.68%), Copper: 0.02mg (1.07%)