

Garlic Feta Dip



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup feta cheese crumbled
- ☐ 2 cloves garlic peeled
- ☐ 0.5 cup yogurt plain
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

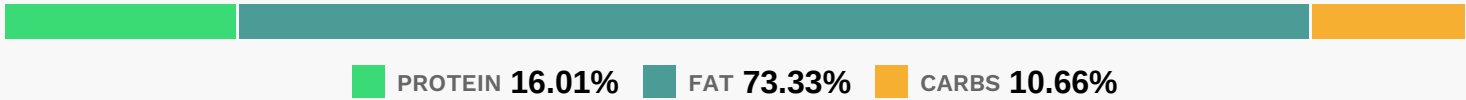
- ☐ food processor

blender

Directions

Combine the feta cheese, sour cream, yogurt and garlic in the container of a food processor or blender. Pulse briefly until garlic is minced. Spoon into a serving dish, and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.82, Inflammation Score:-3, Nutrition Score:6.6660868966061%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 177.53kcal (8.88%), Fat: 14.65g (22.53%), Saturated Fat: 8.54g (53.35%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 4.73g (1.72%), Sugar: 2.42g (2.69%), Cholesterol: 54.32mg (18.11%), Sodium: 596.12mg (25.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Calcium: 254.33mg (25.43%), Vitamin B2: 0.41mg (24.13%), Phosphorus: 179.81mg (17.98%), Vitamin B12: 0.81µg (13.46%), Selenium: 7.58µg (10.83%), Vitamin B6: 0.2mg (9.98%), Zinc: 1.37mg (9.17%), Vitamin A: 368.5IU (7.37%), Vitamin B5: 0.59mg (5.89%), Vitamin B1: 0.08mg (5.03%), Folate: 15.94µg (3.98%), Magnesium: 14.27mg (3.57%), Potassium: 114.36mg (3.27%), Manganese: 0.06mg (2.81%), Vitamin B3: 0.43mg (2.17%), Iron: 0.32mg (1.77%), Vitamin K: 1.4µg (1.33%), Vitamin E: 0.2mg (1.32%), Copper: 0.03mg (1.31%), Vitamin D: 0.18µg (1.2%), Vitamin C: 0.88mg (1.07%)