



## Greek Antipasto Dip

 Vegetarian

READY IN



27 min.

SERVINGS



16

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 Tbsp parsley fresh minced
- 1 clove garlic minced
- 0.5 small optional: lemon seeded
- 1 Tbsp olive oil
- 0.3 cup onions red finely chopped
- 0.3 cup athenos reduced fat feta cheese crumbled
- 0.3 cup roasted peppers red drained chopped
- 1 large wheat snack crackers thin

8 oz philadelphia

## Equipment

oven

## Directions

- Heat oven to 350F.
- Mix reduced-fat cream cheese and garlic; spread onto bottom of 9-inch pie plate.
- Cover with peppers and onions.
- Drizzle with oil; top with feta.
- Bake 10 to 12 min. or until heated through. Squeeze lemon over dip.
- Sprinkle with parsley.
- Serve with crackers.

## Nutrition Facts

 **PROTEIN 8.78%** **FAT 80.75%** **CARBS 10.47%**

## Properties

Glycemic Index:8.84, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:1.3500000115322%

## Flavonoids

Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 65.8kcal (3.29%), Fat: 6.09g (9.37%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.58g (0.58%), Sugar: 0.83g (0.92%), Cholesterol: 15.57mg (5.19%), Sodium: 106.63mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin A: 226.35IU (4.53%), Vitamin K: 4.73µg (4.51%), Vitamin C: 3.7mg (4.49%), Vitamin B2: 0.04mg (2.07%), Selenium: 1.28µg (1.83%), Phosphorus: 17.44mg

(1.74%), Calcium: 17.15mg (1.71%), Vitamin E: 0.26mg (1.7%), Vitamin B6: 0.02mg (1.07%)