



Greek Salad Layered Dip

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup olives black such as kalamata or nicoise, coarsely chopped pitted
- 4 servings pepper black freshly ground
- 1 cucumber seedless
- 4 ounces feta cheese crumbled
- 0.3 cup mint leaves fresh chopped
- 2 cloves garlic minced
- 4 servings kosher salt
- 2 cups greek yogurt low-fat

- 4 servings warm pita bread and/or root vegetable chips for serving (such as Terra Chips)
- 2 small plum tomatoes diced ripe
- 1 small onion diced red

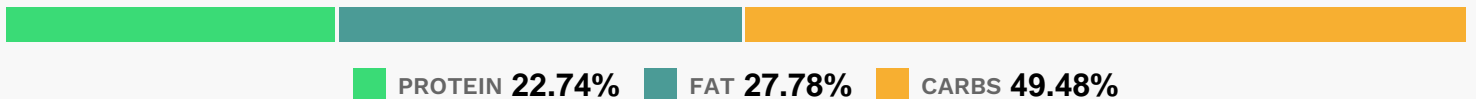
Equipment

- bowl
- sieve
- box grater

Directions

- Grate the cucumber on the large holes of a box grater into a bowl. Toss with 1/4 teaspoon salt and pour into a fine-mesh sieve set over a bowl.
- Let stand for 10 minutes. Using your hands and working with a bit of the cucumber at a time, squeeze the excess liquid out of the cucumber and place the cucumber in a large bowl.
- Add the yogurt, feta, garlic, 1/4 cup of the chopped mint, 1/4 teaspoon salt and 1/4 teaspoon pepper to the bowl with the cucumber. Stir to combine and add more salt and pepper to taste.
- Transfer to a shallow serving bowl.
- Toss the tomatoes, red onion, olives and remaining 2 tablespoons mint together in a medium bowl.
- Sprinkle the mixture over the cucumber mixture.
- Serve the dip with warm pita or vegetable chips.

Nutrition Facts



Properties

Glycemic Index:62.92, Glycemic Load:31.35, Inflammation Score:-6, Nutrition Score:11.82782615786%

Flavonoids

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Nutrients (% of daily need)

Calories: 381.36kcal (19.07%), Fat: 11.85g (18.23%), Saturated Fat: 5.62g (35.1%), Carbohydrates: 47.49g (15.83%), Net Carbohydrates: 44.12g (16.04%), Sugar: 10.32g (11.47%), Cholesterol: 31.79mg (10.6%), Sodium: 1130.46mg (49.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.83g (43.66%), Calcium: 359.33mg (35.93%), Manganese: 0.46mg (23.03%), Vitamin B2: 0.34mg (20.28%), Phosphorus: 186.29mg (18.63%), Vitamin B1: 0.24mg (16.29%), Vitamin K: 15.46µg (14.72%), Fiber: 3.38g (13.5%), Vitamin B6: 0.24mg (11.98%), Vitamin A: 564.8IU (11.3%), Zinc: 1.57mg (10.49%), Vitamin C: 8.63mg (10.46%), Copper: 0.2mg (9.95%), Magnesium: 39.41mg (9.85%), Folate: 38.41µg (9.6%), Vitamin B3: 1.82mg (9.12%), Potassium: 317.46mg (9.07%), Iron: 1.55mg (8.64%), Vitamin B12: 0.48µg (7.99%), Vitamin B5: 0.79mg (7.93%), Selenium: 4.99µg (7.12%), Vitamin E: 0.81mg (5.4%)