



Greek Spinach Dip



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 cup feta cheese crumbled finely
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup greek yogurt
- ☐ 4 green onions chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest fresh

- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots roughly chopped
- ☐ 12 ounces spinach leaves

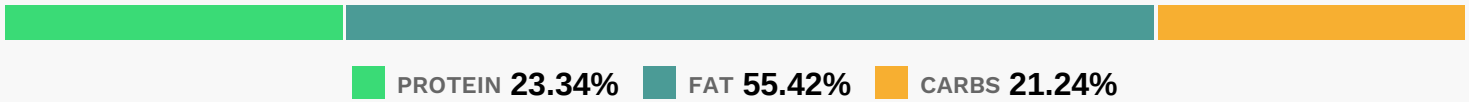
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat oil in a large frying pan over high heat.
- ☐ Add shallots, onions, and garlic and cook, stirring often, until fragrant, about 1 minute.
- ☐ Add spinach and cook, stirring often, until wilted, about 2 minutes.
- ☐ Using a slotted spoon, scoop spinach into a food processor; pulse until roughly pured, about 5 pulses.
- ☐ Add remaining ingredients except pepper, pulse once just to combine, then season to taste with pepper.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.79, Inflammation Score:-10, Nutrition Score:15.822608771531%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 90.18kcal (4.51%), Fat: 5.81g (8.93%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 3.61g (1.31%), Sugar: 1.77g (1.96%), Cholesterol: 9.59mg (3.2%), Sodium: 297mg (12.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Vitamin K: 220.33µg (209.84%), Vitamin A: 4096.67IU (81.93%), Folate: 94.06µg (23.52%), Manganese: 0.45mg (22.44%), Vitamin C: 14.71mg (17.83%), Vitamin B2: 0.24mg (13.99%), Calcium: 125.95mg (12.6%), Magnesium: 41.45mg (10.36%), Vitamin E: 1.43mg (9.51%), Phosphorus: 94.96mg (9.5%), Potassium: 327.23mg (9.35%), Vitamin B6: 0.18mg (9.08%), Iron: 1.46mg (8.14%), Selenium: 4.58µg (6.54%), Fiber: 1.39g (5.57%), Vitamin B12: 0.33µg (5.56%), Zinc: 0.7mg (4.64%), Vitamin B1: 0.06mg (4.23%), Copper: 0.08mg (3.95%), Vitamin B3: 0.51mg (2.56%), Vitamin B5: 0.24mg (2.37%)