



Greek Spinach Dip

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup knudsen cream light sour
- 1 tsp dill weed
- 0.5 cup parsley fresh chopped
- 8 green onions finely chopped
- 0.5 cup mayo with olive oil reduced fat mayonnaise kraft
- 3.5 oz athenos reduced fat feta cheese crumbled
- 10 oz pkt spinach frozen dry cooked chopped

Equipment

Directions

- Combine ingredients.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.27, Glycemic Load:0.12, Inflammation Score:-9, Nutrition Score:9.4469565302134%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 61.05kcal (3.05%), Fat: 4.25g (6.53%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 2.86g (1.04%), Sugar: 0.82g (0.92%), Cholesterol: 10.1mg (3.37%), Sodium: 149.67mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.69%), Vitamin K: 120.44µg (114.71%), Vitamin A: 2504.5IU (50.09%), Folate: 36.54µg (9.13%), Manganese: 0.15mg (7.36%), Vitamin C: 5.05mg (6.12%), Vitamin E: 0.81mg (5.39%), Calcium: 53.83mg (5.38%), Magnesium: 18.14mg (4.54%), Vitamin B2: 0.07mg (3.99%), Potassium: 129.01mg (3.69%), Iron: 0.6mg (3.32%), Fiber: 0.78g (3.12%), Selenium: 1.84µg (2.63%), Phosphorus: 24.8mg (2.48%), Vitamin B6: 0.04mg (2.07%), Vitamin B1: 0.03mg (1.98%), Copper: 0.04mg (1.97%), Zinc: 0.23mg (1.56%), Vitamin B12: 0.06µg (1.07%)