



Greek Spread

 Vegetarian

READY IN



45 min.

SERVINGS



7

CALORIES



602 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup almonds divided chopped
- ☐ 16 oz cream cheese softened
- ☐ 8 oz feta cheese crumbled
- ☐ 10 oz pkt spinach frozen thawed drained
- ☐ 1 clove garlic chopped
- ☐ 7 servings pita wedges toasted
- ☐ 7 oz roasted peppers red drained chopped

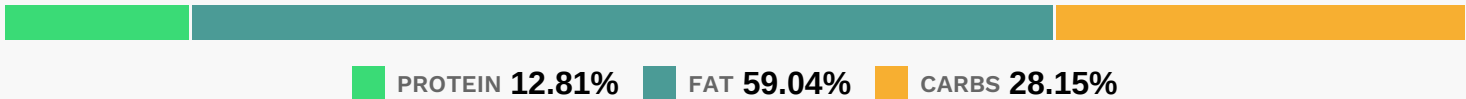
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Line a 2-quart bowl with plastic wrap; sprinkle in one tablespoon almonds. In a separate bowl, mix together 1/2 cup almonds, feta cheese, peppers, garlic, cream cheese and spinach; blend well. Press into bowl over almonds. Cover and chill overnight. Invert onto a serving dish.
- ☐ Remove plastic wrap; press remaining almonds onto the outside.
- ☐ Serve with crackers or pita wedges.

Nutrition Facts



Properties

Glycemic Index:27.29, Glycemic Load:30.59, Inflammation Score:-10, Nutrition Score:29.588260749112%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 602.42kcal (30.12%), Fat: 40.44g (62.22%), Saturated Fat: 18.3g (114.36%), Carbohydrates: 43.39g (14.46%), Net Carbohydrates: 38.08g (13.85%), Sugar: 3.59g (3.99%), Cholesterol: 94.28mg (31.43%), Sodium: 1291.33mg (56.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.74g (39.47%), Vitamin K: 152.61µg (145.34%), Vitamin A: 5903.59IU (118.07%), Manganese: 1.09mg (54.5%), Vitamin B2: 0.81mg (47.61%), Vitamin E: 7.02mg (46.8%), Calcium: 390.34mg (39.03%), Phosphorus: 357.27mg (35.73%), Magnesium: 115.31mg (28.83%), Folate: 101.9µg (25.48%), Fiber: 5.31g (21.24%), Copper: 0.42mg (21.15%), Vitamin B1: 0.3mg (20.15%), Selenium: 13.85µg (19.78%), Vitamin C: 15.54mg (18.84%), Zinc: 2.65mg (17.65%), Vitamin B6: 0.35mg (17.31%), Iron: 2.82mg (15.68%), Potassium: 505.8mg (14.45%), Vitamin B3: 2.68mg (13.42%), Vitamin B12: 0.69µg (11.5%), Vitamin B5: 1.05mg (10.52%)