



Greek Yogurt and Feta Dip



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 oz yogurt plain fat free
- ☐ 1 oz feta cheese crumbled
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 8 servings savory vegetable fresh assorted

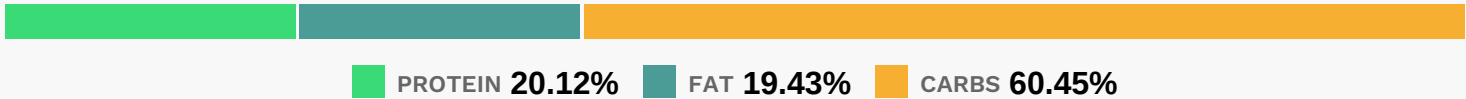
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix yogurt, mayonnaise, cheese and parsley until blended.
- ☐ Spoon dip into serving bowl.
- ☐ Serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:3.92, Inflammation Score:-10, Nutrition Score:10.686521891666%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 88.23kcal (4.41%), Fat: 2.06g (3.17%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 10.73g (3.9%), Sugar: 1.77g (1.96%), Cholesterol: 4.14mg (1.38%), Sodium: 129.04mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.59%), Vitamin A: 4724.11IU (94.48%), Vitamin K: 18.39µg (17.51%), Fiber: 3.67g (14.69%), Vitamin C: 10.99mg (13.32%), Manganese: 0.23mg (11.3%), Phosphorus: 100.12mg (10.01%), Vitamin B2: 0.16mg (9.29%), Vitamin B1: 0.13mg (8.52%), Calcium: 84.12mg (8.41%), Folate: 31.74µg (7.93%), Potassium: 255.96mg (7.31%), Magnesium: 27.12mg (6.78%), Vitamin B3: 1.21mg (6.07%), Vitamin B6: 0.11mg (5.73%), Iron: 0.97mg (5.41%), Zinc: 0.73mg (4.87%), Copper: 0.09mg (4.56%), Vitamin B5: 0.32mg (3.25%), Vitamin B12: 0.19µg (3.16%), Selenium: 1.75µg (2.5%)