



Mediterranean Six Layer Dip

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp olives black sliced
- 8 oz philadelphia cream cheese softened
- 1.3 cups athenos feta cheese with basil & tomato, divided crumbled
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.3 cup green onion
- 2 Tbsp milk
- 1 cup tomatoes chopped

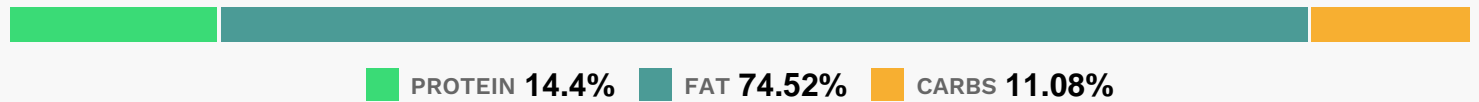
Equipment

- bowl
- hand mixer

Directions

- Beat cream cheese, 1 cup of the feta cheese and milk in small bowl with electric mixer on medium speed until well blended.
- Spread into 9-inch pie plate.
- Top with layers of spinach, tomatoes, onions and olives; sprinkle with remaining 1/4 cup feta cheese. Cover.
- Refrigerate several hours or until chilled.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:16.2, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:14.073478304822%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 144.89kcal (7.24%), Fat: 12.37g (19.03%), Saturated Fat: 7.18g (44.87%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.02g (1.1%), Sugar: 1.64g (1.82%), Cholesterol: 39.95mg (13.32%), Sodium: 333.19mg (14.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Vitamin K: 112.66µg (107.29%), Vitamin A: 3868.17IU (77.36%), Vitamin B2: 0.28mg (16.65%), Calcium: 158.82mg (15.88%), Folate: 53.03µg (13.26%), Manganese: 0.23mg (11.42%), Phosphorus: 108.94mg (10.89%), Selenium: 6.55µg (9.36%), Vitamin E: 1.21mg (8.05%), Vitamin B6: 0.16mg (7.84%), Magnesium: 29.54mg (7.39%), Vitamin B12: 0.38µg (6.38%), Zinc: 0.86mg (5.73%), Potassium: 187.04mg (5.34%), Vitamin C: 4.07mg (4.93%), Vitamin B1: 0.07mg (4.64%), Fiber: 1.12g (4.47%), Iron: 0.77mg (4.26%), Vitamin B5: 0.36mg (3.64%), Copper: 0.06mg (3.19%), Vitamin B3: 0.46mg (2.29%)