



Persian Spinach and Yogurt Dip (Borani Esfanaj)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



13

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 1 cup yogurt plain fat-free organic (such as Stonyfield Farm)
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 10 ounce pkt spinach fresh chopped

- ☐ 0.3 cup onion sweet finely chopped
- ☐ 2 quarts water

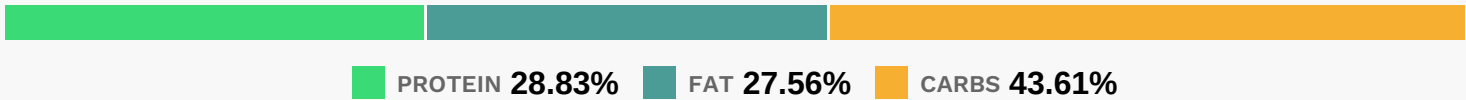
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Bring 2 quarts water to a boil in a Dutch oven.
- ☐ Add fresh spinach, and cook for 1 minute.
- ☐ Drain well.
- ☐ Place spinach on several layers of paper towels; squeeze until barely moist.
- ☐ Melt butter in a medium nonstick skillet over medium heat.
- ☐ Add onion and garlic; cook 6 minutes or until onion is tender, stirring occasionally.
- ☐ Remove from heat; stir in spinach and salt. Cool to room temperature.
- ☐ Combine spinach mixture, organic yogurt, black pepper, and ground cinnamon in a medium bowl.
- ☐ Let stand for 30 minutes. Refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:11.46, Glycemic Load:0.13, Inflammation Score:-8, Nutrition Score:9.6626087815865%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 22.89kcal (1.14%), Fat: 0.75g (1.15%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 2.12g (0.77%), Sugar: 1.75g (1.94%), Cholesterol: 2.03mg (0.68%), Sodium: 133.78mg (5.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin K: 105.51µg (100.48%), Vitamin A: 2065.74IU (41.31%), Folate: 45.55µg (11.39%), Manganese: 0.21mg (10.6%), Vitamin C: 6.57mg (7.96%), Calcium: 65.3mg (6.53%), Magnesium: 22.79mg (5.7%), Vitamin B2: 0.09mg (5.1%), Potassium: 176.35mg (5.04%), Phosphorus: 41.99mg (4.2%), Iron: 0.63mg (3.49%), Vitamin E: 0.46mg (3.08%), Vitamin B6: 0.06mg (3.04%), Copper: 0.06mg (2.91%), Fiber: 0.54g (2.17%), Zinc: 0.32mg (2.15%), Vitamin B12: 0.12µg (1.94%), Vitamin B1: 0.03mg (1.89%), Vitamin B5: 0.14mg (1.42%), Selenium: 0.96µg (1.37%)