



## Savory Spinach Dip

 Vegetarian

READY IN



75 min.

SERVINGS



72

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 18 oz spinach frozen chopped
- 1 cup cream sour
- 1 cup yogurt plain fat free
- 2 teaspoons tarragon dried fresh chopped
- 0.5 teaspoon salt
- 0.5 teaspoon ground mustard
- 0.3 teaspoon pepper
- 1 garlic clove crushed

- 8 oz water chestnuts drained finely chopped canned
- 1 cup spring onion finely chopped (9 medium)
- 1 serving rye crackers raw for dipping, if desired

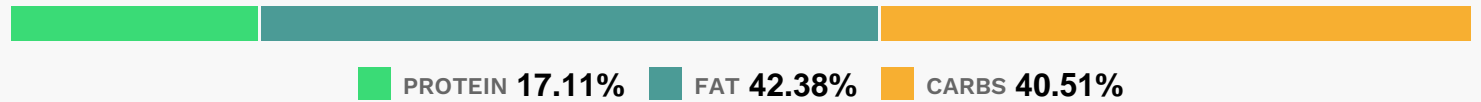
## Equipment

- bowl

## Directions

- Cook spinach as directed on package. Cool slightly; squeeze to drain well.
- Meanwhile, in large bowl, mix sour cream, yogurt, tarragon, salt, mustard, pepper and garlic. Stir in cooked spinach, water chestnuts and green onions.
- Cover and refrigerate 1 hour to blend flavors.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:2.84, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:3.1060869641926%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 13.51kcal (0.68%), Fat: 0.68g (1.05%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.57g (0.63%), Cholesterol: 1.95mg (0.65%), Sodium: 25.65mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin K: 29.32µg (27.92%), Vitamin A: 867.43IU (17.35%), Manganese: 0.06mg (3.21%), Folate: 12.23µg (3.06%), Calcium: 21.12mg (2.11%), Vitamin B2: 0.03mg (1.9%), Magnesium: 7.08mg (1.77%), Vitamin E: 0.25mg (1.67%), Fiber: 0.37g (1.49%), Potassium: 48.87mg (1.4%), Phosphorus: 13.07mg (1.31%), Vitamin B6: 0.03mg (1.29%), Iron: 0.22mg (1.24%), Selenium: 0.75µg (1.07%)