



Savory Spinach Dip (lighter)

 Vegetarian

READY IN



75 min.

SERVINGS



72

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 ounces spinach frozen chopped
- 0.5 cup cream sour reduced-fat
- 1.5 cups 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 ounces water chestnuts drained finely chopped canned
- 1 cup spring onion finely chopped (9 medium)
- 1 serving rye crackers raw for dipping, if desired

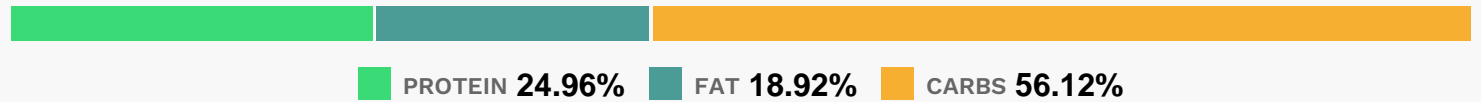
Equipment

- 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:3.1282608063649%

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: 10.31kcal (0.52%), Fat: 0.23g (0.36%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.6g (0.66%), Cholesterol: 0.66mg (0.22%), Sodium: 27.3mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Vitamin K: 29.28µg (27.89%), Vitamin A: 852.89IU (17.06%), Manganese: 0.06mg (3.19%), Folate: 12.42µg (3.1%), Calcium: 23.53mg (2.35%), Vitamin B2: 0.03mg (1.93%), Magnesium: 7.24mg (1.81%), Vitamin E: 0.24mg (1.62%), Potassium: 52.6mg (1.5%), Fiber: 0.37g (1.49%), Phosphorus: 14.44mg (1.44%), Vitamin B6: 0.03mg (1.29%), Iron: 0.22mg (1.24%), Selenium: 0.74µg (1.06%)