



Snappy Spinach Dip

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons parsley fresh minced
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 teaspoons juice of lemon
- ☐ 2 tablespoons mayonnaise light
- ☐ 1 cup curd cottage cheese 1% low-fat
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 2 teaspoons extraspicy herb and spice blend salt-free
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

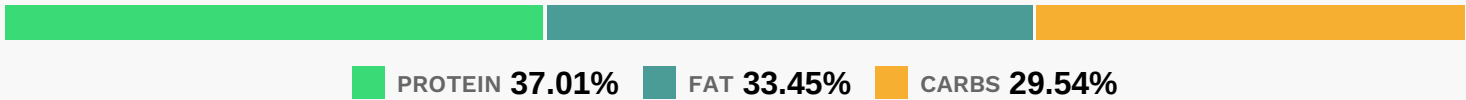
Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels

Directions

- ☐ Press spinach between layers of paper towels to remove excess moisture.
- ☐ Combine cottage cheese and sour cream in a food processor. Process until smooth, stopping once to scrape down sides.
- ☐ Add spinach, mayonnaise, and remaining 4 ingredients; process until smooth.
- ☐ Transfer dip to a bowl.
- ☐ Serve with assorted fresh vegetables (vegetables not included in analysis).
- ☐ carbo rating: 0

Nutrition Facts



Properties

Glycemic Index:1.31, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:3.9056522348977%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 13.23kcal (0.66%), Fat: 0.52g (0.81%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.31g (0.34%), Cholesterol: 1.05mg (0.35%), Sodium: 44.19mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Vitamin K: 39.46µg (37.58%), Vitamin A: 1074.55IU (21.49%), Manganese: 0.08mg (3.93%), Folate: 15.11µg (3.78%), Calcium: 23.62mg (2.36%), Vitamin E: 0.34mg (2.27%), Vitamin B2: 0.04mg (2.09%), Magnesium: 8.19mg (2.05%), Selenium: 1.27µg (1.81%), Iron: 0.31mg (1.72%), Fiber: 0.4g (1.6%), Phosphorus: 15.93mg (1.59%), Potassium: 46.68mg (1.33%), Vitamin B6: 0.02mg (1.22%), Vitamin C: 0.96mg (1.17%)