



Spinach Dip with Crudités



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup mayonnaise reduced-fat
- ☐ 0.8 cup yogurt plain
- ☐ 8 servings salt and pepper
- ☐ 2 scallions white thinly sliced
- ☐ 10 oz pkt spinach frozen dry thawed
- ☐ 8 servings crudités assorted
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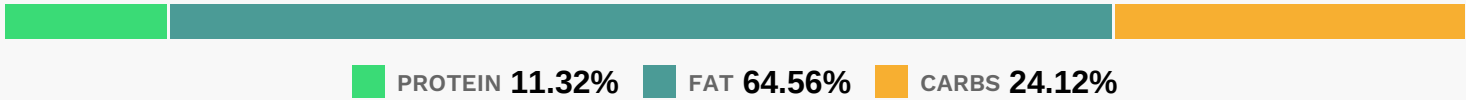
Equipment

☐ food processor

Directions

☐ Blend spinach, yogurt, mayonnaise and scallions in a food processor until smooth. Season with salt and pepper. Keep covered and chilled until ready to serve. Arrange crudits around dip; serve cold.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.25, Inflammation Score:-10, Nutrition Score:12.386086807303%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 75.23kcal (3.76%), Fat: 5.62g (8.64%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 3.62g (1.31%), Sugar: 2.12g (2.35%), Cholesterol: 6.35mg (2.12%), Sodium: 404.73mg (17.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Vitamin K: 149.36µg (142.25%), Vitamin A: 4222.68IU (84.45%), Folate: 55.75µg (13.94%), Manganese: 0.26mg (12.86%), Vitamin E: 1.52mg (10.12%), Calcium: 77.05mg (7.7%), Magnesium: 30.36mg (7.59%), Vitamin B2: 0.11mg (6.73%), Potassium: 173.04mg (4.94%), Selenium: 3.2µg (4.57%), Fiber: 1.11g (4.42%), Phosphorus: 43.44mg (4.34%), Iron: 0.76mg (4.2%), Vitamin B6: 0.07mg (3.53%), Vitamin C: 2.63mg (3.19%), Copper: 0.06mg (2.99%), Vitamin B1: 0.04mg (2.89%), Zinc: 0.36mg (2.41%), Vitamin B12: 0.09µg (1.42%), Vitamin B5: 0.14mg (1.37%), Vitamin B3: 0.21mg (1.07%)