



Spinach Pesto Dip



Vegetarian



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound carrots peeled
- ☐ 8 celery stalks cut into sticks
- ☐ 2 cups pkt spinach frozen chopped
- ☐ 1.3 cups greek yogurt 2% low-fat ()
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sun-dried tomato pesto

Equipment

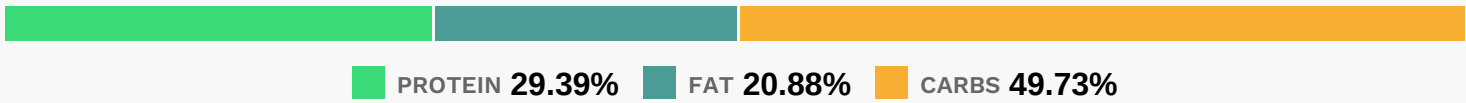
- ☐ bowl

☐ microwave

Directions

- ☐ Microwave spinach in a medium microwave-safe bowl on high for 2 minutes.
- ☐ Drain any excess liquid, if needed.
- ☐ Let cool, then stir in the yogurt, pesto, and salt.
- ☐ Serve with the celery and carrots.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:20.871739180192%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 148.86kcal (7.44%), Fat: 3.63g (5.59%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 13.4g (4.87%), Sugar: 10.05g (11.17%), Cholesterol: 5.34mg (1.78%), Sodium: 459.11mg (19.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.5g (23%), Vitamin A: 28267.42IU (565.35%), Vitamin K: 307.47µg (292.83%), Manganese: 0.72mg (35.99%), Folate: 137.53µg (34.38%), Fiber: 6.06g (24.24%), Calcium: 238.97mg (23.9%), Vitamin E: 3.03mg (20.21%), Potassium: 653.58mg (18.67%), Magnesium: 72.99mg (18.25%), Vitamin B6: 0.3mg (14.83%), Vitamin B2: 0.25mg (14.41%), Vitamin C: 11.82mg (14.32%), Iron: 2.01mg (11.17%), Vitamin B1: 0.15mg (9.99%), Copper: 0.17mg (8.31%), Phosphorus: 79.83mg (7.98%), Vitamin B3: 1.54mg (7.68%), Selenium: 4.83µg (6.89%), Zinc: 0.72mg (4.8%), Vitamin B5: 0.4mg (4.03%)