

# 7-Layer Greek Dip

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-greek-dip-recipe>

## Ingredients:

- 8 ounces cream cheese softened, I used low-fat
- 1 teaspoon dill weed or Greek seasoning, salt free—go for a mix that just has herbs
- 3 cloves garlic minced or pressed
- 2 teaspoons lemon juice
- 1 1/2 cups hummus
- 1 cup cucumbers seeded, diced
- 1 cup diced tomatoes seeded
- 1/2 cup Kalamata olives chopped
- 1/3 cup green onions chopped, about 3 green onions completely chopped
- 1/2 cup crumbled feta cheese
- 1/4 cup fresh parsley minced

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 80 milligrams
4. Fat: 34 grams
5. Fiber: 7 grams
6. Protein: 15 grams
7. SaturatedFat: 15 grams
8. Sodium: 900 milligrams
9. Sugar: 5 grams

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