

Tyrosalata Greek whipped feta dip

Yield: 10 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-feta-spread-recipe>

Ingredients:

- 1 1/3 cups Greek feta cheese crumbled
- 6 1/2 tablespoons ricotta cheese
- 1 tablespoon mayonnaise
- 1 teaspoon fresh dill chopped
- 1 teaspoon chopped parsley
- 1/2 teaspoon garlic finely chopped
- 1/2 teaspoon black pepper
- 1 1/2 tablespoons olive oil Greek
- 1/2 teaspoon dried oregano

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 25 milligrams
4. Fat: 8 grams
5. Protein: 4 grams
6. SaturatedFat: 4 grams
7. Sodium: 240 milligrams
8. Sugar: 1 grams

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