

Greek Layer Dip

Yield: 10 min
Total Time: 15 min

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

Ingredients:

- 20 ounces hummus red pepper
- 3/4 cup crumbled feta cheese
- 3/4 cup cucumber peeled and diced
- 1/2 cup fresh tomato diced
- 1/2 cup Kalamata olives finely chopped
- 1/4 cup olive oil
- 1 teaspoon dried oregano

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 10 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 6 grams
7. SaturatedFat: 3 grams
8. Sodium: 400 milligrams
9. Sugar: 1 grams

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