

Greek Spicy Feta Dip (Tirokafteri)

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1 cup plain greek yogurt whole milk or 2%
- 1 cup crumbled feta cheese
- 1 clove garlic minced
- 1 tablespoon extra virgin olive oil
- 2 tablespoons pickled jalapeno slices sliced

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 40 milligrams
4. Fat: 13 grams
5. Protein: 7 grams
6. SaturatedFat: 7 grams
7. Sodium: 520 milligrams
8. Sugar: 5 grams

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