

Spinach Greek Yogurt Dip

Yield: 16 min
Total Time: 10 min

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

Ingredients:

- 14 ounces greek yogurt plain full fat, not fat free, see notes
- 10 ounces frozen spinach thawed and squeezed dry, see notes
- 8 ounces water chestnuts, drained and chopped sliced, optional
- 1/2 cup red bell pepper stemmed, seeded, and finely diced, about 1/2 pepper
- 1/2 cup scallions thinly sliced, green and white parts, from 3 scallions
- 1/4 cup mayonnaise
- 1 clove garlic minced
- 1 tablespoon fresh dill or 1 tsp. dried
- salt
- freshly ground pepper
- vegetables
- bread

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 5 milligrams
4. Fat: 2.5 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 125 milligrams
9. Sugar: 2 grams

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