

Healthy Greek Yogurt Spinach Artichoke Dip

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 4 cloves garlic peeled and chopped
- 1 sweet onion small, peeled and chopped
- 6 1/2 ounces marinated artichoke hearts
- 15 ounces beans canellini, drained
- 1 cup spinach cooked, or frozen, thawed
- 4 ounces cream cheese Greek, or Neufchatel
- 1/2 cup fat free greek yogurt plain
- 2 ounces shredded asiago cheese freshly
- smoked gouda cheese
- 1 ounce shredded gouda
- 1 pinch red pepper flakes

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 50 milligrams
4. Fat: 16 grams
5. Fiber: 8 grams
6. Protein: 12 grams
7. SaturatedFat: 9 grams
8. Sodium: 370 milligrams
9. Sugar: 9 grams

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