

Healthy Spinach Artichoke Dip

Yield: 8 min
Total Time: 35 min

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

Ingredients:

- 1 cup Greek yogurt
- 1 cup low fat cottage cheese small curd
- 8 ounces spinach frozen, thawed and drained
- 6 ounces artichokes in water, drained
- 1/2 cup mozzarella skim, shredded
- 2 tablespoons Parmesan
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- black pepper to taste

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 2 grams
8. Sodium: 240 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Healthy Spinach Artichoke Dip above. You can see more 19 healthy spinach dip recipe with greek yogurt Discover culinary perfection! to get more great cooking ideas.