

Low-Fat Greek Yogurt Spinach Dip

Yield: 8 min
Total Time: 15 min

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

Ingredients:

- 10 ounces spinach frozen and chopped, cooked, cooled and squeezed dry
- 1 cup non fat greek yogurt
- 1/2 cup mayonnaise non-dairy
- 1 packet vegetable recipe mix 1.4 ounces; without hydrogenated fats and 2 grams or less of sugar

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 160 milligrams
9. Sugar: 3 grams

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