

Persian Spinach and Yogurt Dip - Borani Esfenaj

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-spinach-recipe>

Ingredients:

- 1 bag spinach roughly chopped
- 2 cloves garlic minced
- 3 cups plain yogurt Greek yogurt is preferred
- salt
- pepper

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 25 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 340 milligrams
9. Sugar: 9 grams

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