

Roasted Red Pepper Dip with Feta and Mint

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-capsicum-dip-recipe>

Ingredients:

- 12 ounces roasted red peppers drained well
- 1 teaspoon minced garlic or less
- 4 ounces low-fat cream cheese
- 4 ounces feta cheese
- 1/4 cup greek yogurt fat-free, I used my favorite Greek yogurt
- 3 tablespoons chopped fresh mint finely, or more
- 1 tablespoon fresh lemon juice I used fresh-frozen lemon juice
- 1 tablespoon olive oil
- salt to taste

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 85 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 15 grams
7. SaturatedFat: 15 grams
8. Sodium: 3630 milligrams
9. Sugar: 7 grams

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