



## Greek Yogurt Dip

Number of servings: 12

Serving size: 4 Tablespoons

### Equipment:

None

### Ingredients:

- 1 pint fat free Greek yogurt
- 1 10-ounce package frozen chopped spinach, thawed and drained
- 2 cloves garlic, minced
- 4 green onions, minced
- ¼ teaspoon onion powder
- ¼ teaspoon salt

### Directions:

- Mix all ingredients in a bowl.
- Serve with cut fresh vegetables or whole grain pita chips.

**Cost per recipe:** \$ 6.25

**Cost per serving:** \$ 0.52

**MyPlate servings:** ¼ serving vegetables and ¼ serving dairy

## Nutrition Facts

Serving Size 4 Tablespoons

Serving Per Container 12

### Amount Per Serving

**Calories 33**

**% Daily Values\***

<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 1mg		<b>0%</b>
<b>Potassium</b> 134mg		<b>4%</b>
<b>Sodium</b> 86mg		<b>4%</b>
<b>Total Carbohydrate</b> 3g		<b>1%</b>
Dietary Fiber 1g		<b>4%</b>
Sugars 2g		
<b>Protein</b> 5g		<b>10%</b>
Vitamin A 16%	•	Vitamin C 2%
Calcium 8%	•	Iron 3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

**\*\*Nutrition Analysis:** performed using  
<https://www.supertracker.usda.gov>