

Feta and Lemon Dip

Paul Lowe - "Sweet Paul"
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Servings: 4

Yield: 1 cup

7 ounces feta cheese
1 tablespoon lemon rind, finely grated
1 to 2 tablespoons fresh lemon juice
1 clove garlic, minced
6 tablespoons extra-virgin olive oil
1 pinch red pepper flakes
grated lemon rind (for garnish).

In a blender or food processor, place the feta, lemon rind, lemon juice, garlic and olive oil. Pulse until combined but still slightly chunky. (It's dense, so you may need to stir it with a fork once or twice.) Taste, and if too salty, add more lemon juice.

Spoon into a serving bowl. Drizzle with a little olive oil and sprinkle with a pinch of pepper flakes and some grated lemon rind.

Serve with crudites, chips, toasts or pita chips

Per Serving (excluding unknown items): 196 Calories; 20g Fat (88.3% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 4 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	196	Vitamin B6 (mg):	trace
% Calories from Fat:	88.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	11.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	20g	Folacin (mcg):	8mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	6g		
Dietary Fiber (g):	trace		
Protein (g):	trace		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 1mg
Potassium (mg): 81mg
Calcium (mg): 8mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 30mg
Vitamin A (i.u.): 15IU
Vitamin A (r.e.): 1 1/2RE

Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 196 Calories from Fat: 173

% Daily Values*

Total Fat	20g	31%
Saturated Fat	3g	14%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	6g	2%
Dietary Fiber	trace	2%
Protein	trace	
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Vitamin A		0%
Vitamin C		50%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.