

Knorr Spinach & Greek Yogurt Dip

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Yield: 4 cups

1 package (10 ounce) frozen chopped spinach, cooked, cooled and squeezed dry

1 container (16 ounce) nonfat plain Greek yogurt

1 cup light mayonnaise

1 package Knorr vegetable recipe mix

1 can (8 ounce) water chestnuts (optional), drained and chopped

3 green onions (optional), chopped

Preparation Time: 10 minutes

Chill: 2 hours

In a medium bowl, combine all of the ingredients.

Chill, if desired, for two hours.

Serve with your favorite dippers.

Start to Finish Time: 2 hours 10 minutes

Per Serving (excluding unknown items): 664 Calories; 47g Fat (60.2% calories from fat); 14g Protein; 57g Carbohydrate; 14g Dietary Fiber; 86mg Cholesterol; 1530mg Sodium. Exchanges: 3 1/2 Vegetable; 9 Fat; 2 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	664	Vitamin B6 (mg):	.6mg
% Calories from Fat:	60.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	31.9%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	7.9%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	47g	Folic acid (mcg):	544mcg
Saturated Fat (g):	8g	Niacin (mg):	2mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	26g	Alcohol (kcal):	0
Cholesterol (mg):	86mg	% Refuse:	n n%
Carbohydrate (g):	57g	Food Exchanges	
Dietary Fiber (g):	14g	Grain (Starch):	0
Protein (g):	14g	Lean Meat:	0
Sodium (mg):	1530mg	Vegetable:	3 1/2
Potassium (mg):	1494mg	Fruit:	0

Calcium (mg): 505mg
Iron (mg): 9mg
Zinc (mg): 2mg
Vitamin C (mg): 111mg
Vitamin A (i.u.): 35299IU
Vitamin A (r.e.): 3526 1/2RE

Non-Fat Milk: 0
Fat: 9
Other Carbohydrates: 2 1/2

Nutrition Facts

Amount Per Serving

Calories 664 Calories from Fat: 400

% Daily Values*

Total Fat	47g		73%
	Saturated Fat	8g	41%
Cholesterol	86mg		29%
Sodium	1530mg		64%
Total Carbohydrates	57g		19%
	Dietary Fiber	14g	55%
Protein	14g		

Vitamin A	706%
Vitamin C	184%
Calcium	51%
Iron	52%

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