

# Spinach Dip IV

Ginny Whitt - Mount Washington, KY  
*Southern Living - 1987 Annual Recipes*

**Yield: 1 2/3 cups**

- 1 cup fresh spinach, chopped*
- 1 cup 1% low-fat cottage cheese*
- 1/2 cup green onions, chopped*
- 1/2 cup reduced-calorie mayonnaise*
- 1 tablespoon reduced-sodium soy sauce*
- 1 clove garlic, minced*
- sweet red pepper strips (for garnish)*  
*(optional)*

In the container of an electric blender, combine the spinach, cottage cheese, green onions, mayonnaise, soy sauce and garlic. Process until smooth.

Cover and chill.

Garnish with red pepper strips, if desired.

Serve with raw vegetables.

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Per Serving (excluding unknown items): 355 Calories; 33g Fat (80.5% calories from fat); 3g Protein; 15g Carbohydrate; 2g Dietary Fiber; 40mg Cholesterol; 1196mg Sodium. Exchanges: 1 1/2 Vegetable; 6 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	355	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	80.5%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	16.4%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	3.1%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	33g	<b>Folacin (mcg):</b>	95mcg
<b>Saturated Fat (g):</b>	4g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	5g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	11g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	40mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	15g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	2g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	3g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	1196mg	<b>Vegetable:</b>	1 1/2

**Potassium (mg):** 356mg  
**Calcium (mg):** 73mg  
**Iron (mg):** 2mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 19mg  
**Vitamin A (i.u.):** 2214IU  
**Vitamin A (r.e.):** 224 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 6 1/2  
**Other Carbohydrates:** 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 355                      **Calories from Fat:** 286

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### % Daily Values\*

<b>Total Fat</b> 33g	50%
Saturated Fat 4g	18%
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 1196mg	50%
<b>Total Carbohydrates</b> 15g	5%
Dietary Fiber 2g	9%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	44%
<b>Vitamin C</b>	31%
<b>Calcium</b>	7%
<b>Iron</b>	11%

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