

# Whipped Goat Cheese & Green Olive Dip

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## Yield: 1 3/4 cups

1/2 cup green olives, pitted  
8 ounces plain goat cheese  
1/2 cup full-fat plain Greek yogurt  
2 tablespoons fresh lemon juice  
2 tablespoons extra-virgin olive oil  
1 small clove garlic, minced  
1/2 teaspoon salt

In a food processor, pulse the olives until roughly chopped. Set aside half of the mixture.

To the remaining olives in the food processor, add the goat cheese, yogurt, lemon juice, olive oil, garlic and 1/2 teaspoon of salt. Process about 1-1/2 minutes or until extremely smooth and slightly aerated, scraping down the sides as necessary.

Transfer to a serving bowl. Drizzle with additional olive oil, if desired. Top with the reserved.

Serve immediately.

Start to Finish Time: 15 minutes

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Per Serving (excluding unknown items): 329 Calories; 34g Fat (90.0% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1657mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 7 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	329	Vitamin B6 (mg):	trace
% Calories from Fat:	90.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	9.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	34g	Folacin (mcg):	4mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	25g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%

Carbohydrate (g): 8g  
 Dietary Fiber (g): 2g  
 Protein (g): 1g  
 Sodium (mg): 1657mg  
 Potassium (mg): 55mg  
 Calcium (mg): 74mg  
 Iron (mg): 2mg  
 Zinc (mg): trace  
 Vitamin C (mg): 15mg  
 Vitamin A (i.u.): 279IU  
 Vitamin A (r.e.): 27 1/2RE

### Food Exchanges

Grain (Starch): 0  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 1/2  
 Non-Fat Milk: 0  
 Fat: 7  
 Other Carbohydrates: 0

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## Nutrition Facts

### Amount Per Serving

**Calories** 329 Calories from Fat: 296

### % Daily Values\*

<b>Total Fat</b>	34g	52%
Saturated Fat	5g	23%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1657mg	69%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	2g	9%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		6%
<b>Vitamin C</b>		26%
<b>Calcium</b>		7%
<b>Iron</b>		13%

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