



# WESTERN WISCONSIN HEALTH

## **GARLIC AND FETA CHEESE DIP** **(GLUTEN FREE)**

- 1/2 C. feta cheese, crumbled
- 4 oz. light cream cheese, softened
- 1/4 C. light mayo
- 1 medium garlic clove, dry roasted
- 1/4 tsp. dried basil
- 1/4 tsp. cilantro leaves, dried (or oregano)
- 1/8 tsp. dried dill weed
- 1/8 tsp. ground thyme

<b>Nutrition Facts</b>	
Serving Size (32g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 70</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein 4g</b>	
Vitamin A 2%	• Vitamin C 0%
Calcium 10%	• Iron 0%
*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
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Combine all ingredients in a food processor until thoroughly mixed. Cover and chill until ready to serve. This dip works great with a veggie tray.

NUTRITION FACTS: Serving size: 2 tbsp. per serving, 20 servings