

# Blue Cheese-Bacon-Spinach Dip

*Cooking Light Test Kitchen Staff  
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**Servings: 8**

**Yield: 2 tablespoons per serving**

*1/2 cup plain nonfat Greek yogurt  
1/2 cup light sour cream  
2 center-cut bacon slices  
4 ounces fresh spinach, chopped  
1 ounce crumbled blue cheese  
1 clove garlic, minced  
1/4 teaspoon crushed red pepper  
1/8 teaspoon Kosher salt  
celery sticks*

In a bowl, combine the yogurt and sour cream.

In a skillet, cook the bacon until crisp. Remove the bacon from the pan and crumble. Remove all but one teaspoon of the drippings from the pan.

Add the spinach to the pan, stirring until wilted. Cool slightly.

Add the bacon, spinach, blue cheese, garlic, red pepper and Kosher salt to the yogurt mixture. Mix well to combine.

Serve with celery sticks.

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Per Serving (excluding unknown items): 21 Calories; 1g Fat (52.5% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 93mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	21	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	52.5%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	22.1%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	25.4%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	1g	<b>Folacin (mcg):</b>	29mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	4mg	<b>% Refuse:</b>	0 n n%

Carbohydrate (g): 1g  
 Dietary Fiber (g): trace  
 Protein (g): 1g  
 Sodium (mg): 93mg  
 Potassium (mg): 90mg  
 Calcium (mg): 39mg  
 Iron (mg): trace  
 Zinc (mg): trace  
 Vitamin C (mg): 4mg  
 Vitamin A (i.u.): 981IU  
 Vitamin A (r.e.): 103RE

## Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

**Calories** 21 Calories from Fat: 11

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#### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	1g	4%
<b>Cholesterol</b>	4mg	1%
<b>Sodium</b>	93mg	4%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	2%
<b>Protein</b>	1g	

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<b>Vitamin A</b>	20%
<b>Vitamin C</b>	7%
<b>Calcium</b>	4%
<b>Iron</b>	2%

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