

Soylicious® Light Spinach Dip



This dip has all the goodness with fewer calories, a fraction of the saturated fat, and no cholesterol! Snack food yum with benefits!

Prep Time: 15 minutes

Chill Time: 4 hours

Ingredients

One 10-ounce package/box of chopped frozen spinach (thawed and squeezed dry)
1 cup (or 2) soy sour cream or cream cheese (see recipe to make it yourself)
1 cup Duke's® or Hellmann's® Mayonnaise
1 package of Knorr® or Lipton® Vegetable recipe mix
3 green onions, chopped.
1 Cherry tomato chopped (for garnish), optional.

DIRECTIONS

Getting Ready:

1. Prepare your soy cream cheese using the B & B recipe (12/13/22) <https://www.bandblegacyfarms.com/soy-kitchen/december-recipe-of-the-month-soylicious-cream-cheese>
2. Wash and chop your green onions.
3. Thaw and squeeze the liquid out of chopped spinach with a paper towel.

STEP 1: Use a medium size bowl to mix your ingredients.

- Combine soy sour cream or cream cheese with mayonnaise and mix well.
- Add envelope of vegetable soup mix and green onions and stir well.
- Stir in chopped spinach.

STEP 2: Just chill while the magic happens!

- Chill 4 or more hours.

GARNISH and serve with vegetable or chip/cracker options.

- Carrots, turnips, pita chips, crackers.

ENJOY!

Check out the nutrition facts to learn about the difference soy cream cheese makes in your snack food!

Soylicious Cream Cheese

Dairy Cream Cheese

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Nutrition Facts

Servings: 4

Amount per serving

Calories **130**

% Daily Value*

Total Fat 12.5g **16%**

Saturated Fat 1.9g **10%**

Cholesterol 0mg **0%**

Sodium 249mg **11%**

Total Carbohydrate 2.4g **1%**

Dietary Fiber 1g **4%**

Total Sugars 0.5g

Protein 4g

Vitamin D 0mcg **0%**

Calcium 97mg **7%**

Iron 1mg **7%**

Potassium 92mg **2%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Nutrition Facts

Servings: 4

Amount per serving

Calories **210**

% Daily Value*

Total Fat 21g **27%**

Saturated Fat 13.2g **66%**

Cholesterol 66mg **22%**

Sodium 178mg **8%**

Total Carbohydrate 1.6g **1%**

Dietary Fiber 0g **0%**

Total Sugars 0.1g

Protein 4.6g

Vitamin D 0mcg **0%**

Calcium 48mg **4%**

Iron 1mg **4%**

Potassium 72mg **2%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.