



# Dill Pickle Dip



1/8 of recipe (about 2 tbsp.): 42 calories, 2.5g total fat (1.5g sat. fat), 137mg sodium, 2.5g carbs, <0.5g fiber, 2g sugars, 1.5g protein

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**Prep:** 5 minutes



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## Ingredients

- 1/2 cup whipped cream cheese
- 1/4 fat-free plain Greek yogurt
- 1/4 cup light sour cream
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tbsp. chopped fresh dill, or more for topping
- 1/3 cup chopped dill pickles, or more for topping

## Directions

In a medium bowl, combine all ingredients except pickles. Mix until uniform.

Gently fold in pickles.

**MAKES 8 SERVINGS**

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