



Fried Pickle Dip



1/8 of recipe (about 2 tbsp.): 46 calories, 3g total fat (1.5g sat. fat), 140mg sodium, 2.5g carbs, 0g fiber, 1.5g sugars, 1.5g protein

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Prep: 5 minutes



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Ingredients

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

Directions

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

Top with fried onions just before serving.

MAKES 8 SERVINGS

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