



Cilantro-Yogurt Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



50 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

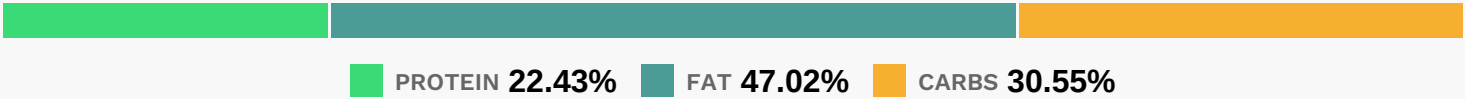
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon lime zest grated
- ☐ 0.3 cup yogurt plain

Equipment

Directions

- ☐ Mix all ingredients.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:0.74, Inflammation Score:-1, Nutrition Score:2.5378260767978%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 50.15kcal (2.51%), Fat: 2.66g (4.09%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.85g (1.4%), Sugar: 3.82g (4.25%), Cholesterol: 10.62mg (3.54%), Sodium: 37.94mg (1.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Calcium: 99.52mg (9.95%), Phosphorus: 78.06mg (7.81%), Vitamin B2: 0.12mg (6.9%), Vitamin B12: 0.3µg (5.04%), Potassium: 131.26mg (3.75%), Zinc: 0.49mg (3.24%), Vitamin B5: 0.32mg (3.23%), Vitamin A: 135.08IU (2.7%), Selenium: 1.81µg (2.58%), Vitamin K: 2.65µg (2.52%), Magnesium: 10.04mg (2.51%), Vitamin B1: 0.02mg (1.62%), Folate: 6.25µg (1.56%), Vitamin B6: 0.03mg (1.38%)