



Cilantro-Yogurt Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



41 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups cilantro leaves fresh chopped
- 2 tablespoons mint leaves fresh chopped
- 0.3 teaspoon ground coriander
- 6 servings pepper freshly ground
- 2 tablespoons juice of lemon fresh ()
- 0.5 small onion finely chopped
- 1.5 cups yogurt (not Greek)

Equipment

bowl

Directions

Combine onion, cilantro, yogurt, mint, coriander, and 2 tablespoons lemon juice in a medium bowl. Season sauce with salt, pepper, and more lemon juice, if desired.

DO AHEAD: Sauce can be made 1 day ahead. Cover and chill.

Nutrition Facts



PROTEIN 36.56% **FAT 4.12%** **CARBS 59.32%**

Properties

Glycemic Index: 15.17, Glycemic Load: 0.15, Inflammation Score: -4, Nutrition Score: 4.8186956929124%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 40.63kcal (2.03%), Fat: 0.19g (0.29%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 5.69g (2.07%), Sugar: 5.12g (5.69%), Cholesterol: 1.23mg (0.41%), Sodium: 50.47mg (2.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin K: 16.84µg (16.04%), Calcium: 132.19mg (13.22%), Phosphorus: 102.53mg (10.25%), Vitamin B2: 0.16mg (9.36%), Vitamin A: 435.94IU (8.72%), Vitamin B12: 0.37µg (6.23%), Potassium: 209.51mg (5.99%), Vitamin C: 4.91mg (5.95%), Vitamin B5: 0.44mg (4.44%), Zinc: 0.66mg (4.38%), Magnesium: 15.69mg (3.92%), Folate: 14.68µg (3.67%), Manganese: 0.07mg (3.39%), Selenium: 2.31µg (3.31%), Vitamin B6: 0.05mg (2.61%), Vitamin B1: 0.04mg (2.57%), Fiber: 0.46g (1.83%), Copper: 0.03mg (1.59%), Iron: 0.27mg (1.52%)