



Cilantro "Yogurt" Sauce

 Vegetarian  Vegan  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



8 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 tsp parsley flakes dried
- 0.5 cup cilantro leaves fresh minced
- 0.3 tsp garlic powder
- 0.5 tbsp juice of lemon
- 0.3 tsp onion powder
- 6 ounces vanilla-flavored soy yogurt plain

Equipment

Directions

Combine all ingredients together. Taste, then add salt to taste if desired. Chill until serving.

Amount Per Serving

Calories

Fat

NA Carbohydrate

gDietary Fiber NA Sugars1gProtein1g

Nutrition Facts



Properties

Glycemic Index:2.31, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.36869564628148%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 7.57kcal (0.38%), Fat: 0.19g (0.3%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.58g (0.65%), Cholesterol: 0mg (0%), Sodium: 1.74mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 1.75mg (2.12%), Vitamin K: 1.76µg (1.68%), Calcium: 14.76mg (1.48%)