



Creamy Yogurt and Almond Spread

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 tablespoons roasted almond oil divided
- 2 tablespoons almonds coarsely chopped
- 0.5 teaspoon kosher salt
- 1 cup greek yogurt low-fat
- 0.1 teaspoon pepper
- 2 tablespoons cucumber english
- 3 wholewheat pita breads cut into wedges
- 2 teaspoons shallots minced

Equipment

bowl

Directions

- In a bowl, stir together yogurt, shallot, salt, pepper, and 1 tbsp. oil.
- Spread on a plate, then drizzle remaining oil on top.
- Sprinkle with almonds and cucumber and serve with pita breads.
- *Find at well-stocked grocery stores and latourangelle.com

Nutrition Facts



PROTEIN 15.88% **FAT 43.4%** **CARBS 40.72%**

Properties

Glycemic Index:28.17, Glycemic Load:14.59, Inflammation Score:-1, Nutrition Score:3.6743478813897%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 177.82kcal (8.89%), Fat: 8.59g (13.22%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 17.05g (6.2%), Sugar: 1.79g (1.99%), Cholesterol: 2.18mg (0.73%), Sodium: 359.53mg (15.63%), Alcohol: 0g (100%), Protein: 7.07g (14.15%), Vitamin E: 3.14mg (20.95%), Manganese: 0.22mg (11.13%), Calcium: 78.46mg (7.85%), Vitamin B1: 0.08mg (5.56%), Phosphorus: 44.84mg (4.48%), Fiber: 1.09g (4.36%), Magnesium: 17.14mg (4.28%), Copper: 0.08mg (4.23%), Vitamin B2: 0.07mg (3.94%), Vitamin B3: 0.73mg (3.64%), Iron: 0.54mg (3.02%), Zinc: 0.35mg (2.35%), Folate: 8.77µg (2.19%), Potassium: 68.1mg (1.95%), Vitamin B5: 0.14mg (1.42%), Vitamin K: 1.29µg (1.23%)