



## Creamy Yogurt-and-Walnut Dip

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 garlic cloves minced
- 1 Dash hot sauce
- 2 cups yogurt plain low-fat
- 0.1 teaspoon pepper
- 2 6-inch pitas cut into 8 wedges ( )
- 0.1 teaspoon salt
- 0.3 cup walnuts finely chopped

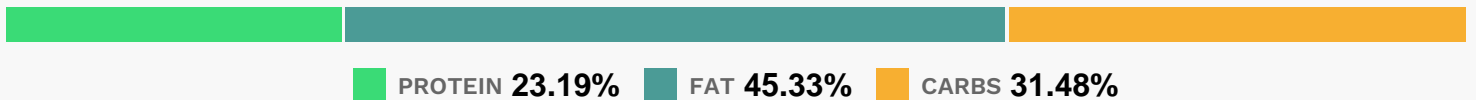
### Equipment

- bowl
- plastic wrap
- colander
- cheesecloth

## Directions

- Place a colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges of bowl. Spoon yogurt into colander, and cover loosely with plastic wrap; refrigerate yogurt 12 hours. Spoon yogurt cheese into bowl, and discard liquid.
- Stir in minced garlic, chopped walnuts, salt, pepper, and hot sauce, and let mixture stand 15 minutes.
- Serve dip with pita wedges.

## Nutrition Facts



## Properties

Glycemic Index:11.19, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.7413043541753%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 32.19kcal (1.61%), Fat: 1.67g (2.57%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.47g (0.9%), Sugar: 2.21g (2.45%), Cholesterol: 1.84mg (0.61%), Sodium: 40.54mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Calcium: 58.7mg (5.87%), Phosphorus: 51.15mg (5.11%), Vitamin B2: 0.07mg (4.05%), Manganese: 0.07mg (3.63%), Vitamin B12: 0.17µg (2.86%), Potassium: 81.6mg (2.33%), Zinc: 0.33mg (2.23%), Magnesium: 8.25mg (2.06%), Vitamin B5: 0.19mg (1.94%), Copper: 0.03mg (1.73%), Selenium: 1.15µg (1.65%), Vitamin B6: 0.03mg (1.48%), Vitamin B1: 0.02mg (1.39%), Folate: 5.2µg (1.3%)