



## Creamy Yogurt Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1.5 tablespoons honey
- ☐ 7 ounce greek yogurt plain 2% low-fat
- ☐ 0.3 teaspoon vanilla extract

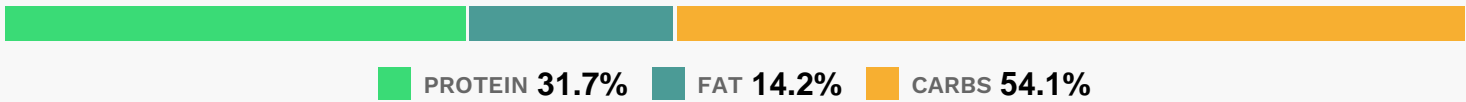
## Equipment

- ☐ bowl

## Directions

- ☐
- Combine all ingredients in a small bowl, stirring well. Cover and chill until ready to serve.
- ☐
- Serve the dip with any fruit such as grapes, strawberries, pineapple, or blueberries.
- ☐
- Cut the fruit as needed into bite-sized pieces.

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:4.51, Inflammation Score:-1, Nutrition Score:0.46739130094647%

Nutrients (% of daily need)

Calories: 83.15kcal (4.16%), Fat: 1.32g (2.04%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 11.32g (4.12%), Sugar: 11.31g (12.57%), Cholesterol: 3.84mg (1.28%), Sodium: 27.57mg (1.2%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 6.65g (13.29%), Calcium: 78.06mg (7.81%)