



## Cucumber-Dill Yogurt Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



10

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10 servings pepper black freshly ground
- 2 tablespoons optional: dill fresh minced
- 10 servings serving suggestion: assortment of vegetables such as green beans boiled
- 1 teaspoon ground coriander
- 1 teaspoon kosher salt
- 0.8 teaspoon pepper flakes red
- 2 cups milk yogurt plain whole
- 0.5 teaspoon citrus champagne vinegar

# Equipment

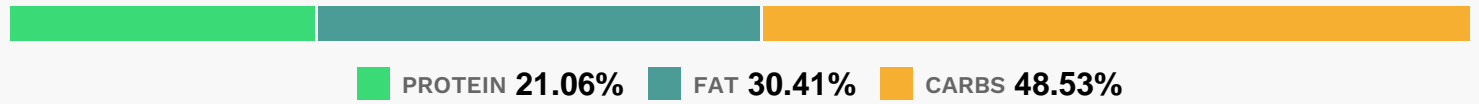
bowl

# Directions

In a medium bowl, mix together yogurt, cucumber, dill, coriander, red pepper flakes, vinegar, and salt until evenly combined. Season well with freshly ground black pepper, taste, and adjust seasoning, as needed.

Serve with an assortment of vegetables for dipping.

# Nutrition Facts



# Properties

Glycemic Index:11.2, Glycemic Load:1.53, Inflammation Score:-4, Nutrition Score:5.4230434415133%

# Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

# Nutrients (% of daily need)

Calories: 48.29kcal (2.41%), Fat: 1.77g (2.73%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 4.72g (1.72%), Sugar: 4.09g (4.54%), Cholesterol: 6.37mg (2.12%), Sodium: 261.01mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin K: 24.07µg (22.92%), Vitamin A: 479.21IU (9.58%), Vitamin C: 7.07mg (8.57%), Calcium: 82.32mg (8.23%), Vitamin B2: 0.13mg (7.6%), Manganese: 0.14mg (7.08%), Phosphorus: 68.95mg (6.89%), Fiber: 1.65g (6.59%), Potassium: 199.52mg (5.7%), Folate: 21.76µg (5.44%), Magnesium: 20.74mg (5.19%), Vitamin B6: 0.1mg (4.84%), Vitamin B1: 0.06mg (4.02%), Iron: 0.67mg (3.71%), Vitamin B5: 0.32mg (3.17%), Vitamin B12: 0.18µg (3.02%), Zinc: 0.44mg (2.93%), Copper: 0.05mg (2.37%), Vitamin B3: 0.46mg (2.32%), Selenium: 1.5µg (2.14%), Vitamin E: 0.31mg (2.09%)