



Cucumber Yogurt Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



19 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup cucumber peeled seeded chopped
- ☐ 0.1 teaspoon optional: dill dried
- ☐ 3 tablespoons yogurt plain low-fat
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon salt

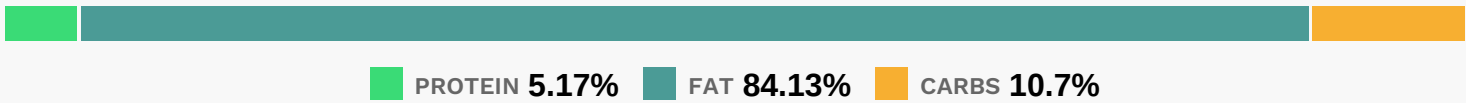
Equipment

☐ blender

Directions

- ☐ Place all ingredients in a blender and process until the mixture is smooth. Refrigerate dressing in an airtight container for up to 1 week.
- ☐ Note: Though 86 percent of the calories come from fat, this dressing has less than 2 grams of fat per tablespoon--far less than full-fat dressings, which carry anywhere from 7 to 10 grams of fat per tablespoon.

Nutrition Facts



Properties

Glycemic Index:6.06, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.47000000366698%

Nutrients (% of daily need)

Calories: 19.2kcal (0.96%), Fat: 1.82g (2.8%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.45g (0.17%), Sugar: 0.43g (0.47%), Cholesterol: 0.22mg (0.08%), Sodium: 39.26mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin E: 0.26mg (1.71%), Vitamin K: 1.71µg (1.63%)