


 **49%**  
HEALTH SCORE

# Curried Yogurt Dip with Crisp Steamed Broccoli

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 cups broccoli florets
- 1.5 teaspoons curry powder
- 2 garlic clove minced
- 1.5 teaspoons olive oil
- 3 cups yogurt plain
- 3 cups yogurt plain

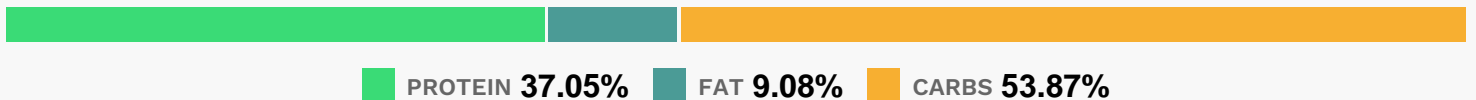
## Equipment

- bowl
- frying pan
- whisk
- sieve
- cheesecloth

## Directions

- Line strainer with double-thick layer of cheesecloth, extending over sides; set over deep bowl.
- Add yogurt to strainer. Chill overnight (liquid will drain from yogurt and yogurt will thicken).
- Transfer yogurt to small bowl; discard liquid.
- Stir oil and garlic in small nonstick skillet over medium heat 30 seconds. Stir in curry powder.
- Whisk curry mixture into yogurt. Season with salt. Chill at least 1 hour and up to 1 day.
- Steam broccoli until crisp-tender, about 2 minutes. Rinse under cold water. Chill until cold.
- Serve with dip.
- Per serving: calories, 54; total fat, 1 g; saturated fat, 0.5 g; cholesterol, 0
- Self

## Nutrition Facts



## Properties

Glycemic Index:11.17, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:17.811739185582%

## Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 164.63kcal (8.23%), Fat: 1.68g (2.59%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 21.09g (7.67%), Sugar: 19.61g (21.79%), Cholesterol: 4.9mg (1.63%), Sodium: 204.12mg (8.87%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 15.45g (30.9%), Vitamin C: 43.16mg (52.32%), Calcium: 513.15mg (51.31%), Vitamin K: 48.02µg (45.73%), Phosphorus: 417.95mg (41.8%), Vitamin B2: 0.63mg (37%), Vitamin B12: 1.49µg (24.91%), Potassium: 780.27mg (22.29%), Vitamin B5: 1.84mg (18.37%), Zinc: 2.59mg (17.3%), Folate: 58.87µg (14.72%), Selenium: 10.19µg (14.55%), Magnesium: 57.63mg (14.41%), Vitamin B6: 0.23mg (11.38%), Vitamin B1: 0.15mg (10.21%), Manganese: 0.15mg (7.3%), Vitamin A: 305.64IU (6.11%), Fiber: 1.37g (5.48%), Vitamin E: 0.61mg (4.06%), Iron: 0.72mg (4.02%), Copper: 0.07mg (3.31%), Vitamin B3: 0.62mg (3.09%)