



Curried Yogurt Dip with Crisp Steamed Broccoli



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

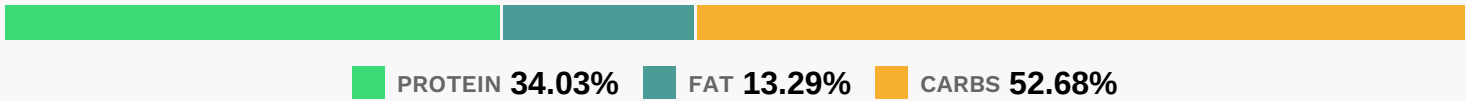
- ☐ bowl

- ☐ 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:12.380434761877%

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: 96.03kcal (4.8%), Fat: 1.46g (2.25%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 11.68g (4.25%), Sugar: 10.21g (11.34%), Cholesterol: 2.45mg (0.82%), Sodium: 109.79mg (4.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Vitamin C: 42.06mg (50.98%), Vitamin K: 47.77µg (45.5%), Calcium: 269.37mg (26.94%), Phosphorus: 225.63mg (22.56%), Vitamin B2: 0.34mg (20.14%),

Potassium: 467.89mg (13.37%), Vitamin B12: 0.75µg (12.45%), Folate: 44.17µg (11.04%), Vitamin B5: 1.05mg (10.52%),
Zinc: 1.41mg (9.38%), Magnesium: 34.35mg (8.59%), Selenium: 5.78µg (8.25%), Vitamin B6: 0.16mg (8.14%),
Manganese: 0.14mg (6.99%), Vitamin B1: 0.09mg (6.29%), Vitamin A: 297.06IU (5.94%), Fiber: 1.37g (5.48%),
Vitamin E: 0.61mg (4.06%), Iron: 0.61mg (3.41%), Copper: 0.05mg (2.39%), Vitamin B3: 0.47mg (2.33%)