



Dill-icious Greek Yogurt Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



21

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup yogurt plain fat free (from two 6-oz containers)
- ☐ 1 tablespoon optional: dill fresh finely chopped
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 1 spring onion cut into thin rings
- ☐ 0.3 teaspoon kosher salt (coarse)
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 tablespoon pomegranate seeds
- ☐ 1 tablespoon red wine vinegar

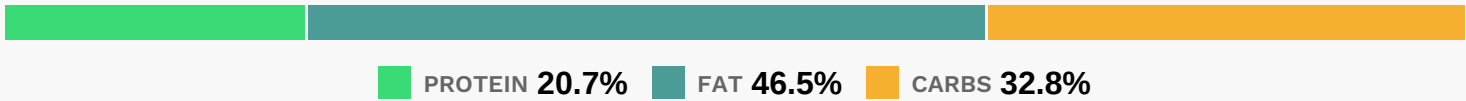
Equipment

☐ bowl

Directions

- ☐ Into small bowl, stir yogurt, mint, dill, salt, garlic, vinegar and oil until well combined.
- ☐ Garnish with pomegranate seeds and onion slices. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.43, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.72739131262769%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 13.51kcal (0.68%), Fat: 0.7g (1.08%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 1.05g (0.38%), Sugar: 1.01g (1.12%), Cholesterol: 0.23mg (0.08%), Sodium: 36.94mg (1.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Calcium: 24.38mg (2.44%), Phosphorus: 19.03mg (1.9%), Vitamin B2: 0.03mg (1.7%), Vitamin K: 1.72µg (1.64%), Vitamin B12: 0.07µg (1.19%)