



Dipping Sauce for Seafood

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 dash chili sauce
- 1 tablespoon green onion chopped
- 0.3 cup honey
- 1.5 cups non-fat yogurt plain
- 0.5 cup mustard dijon-style prepared

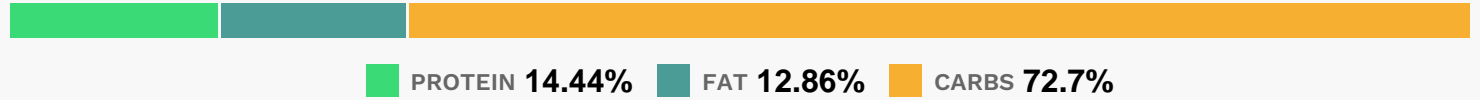
Equipment

- bowl

Directions

In a medium bowl, mix together plain non-fat yogurt, honey, prepared Dijon-style mustard, green onion and chili sauce. Chill in the refrigerator approximately 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:14.53, Glycemic Load:6.13, Inflammation Score:-1, Nutrition Score:3.2769565271295%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 81.73kcal (4.09%), Fat: 1.24g (1.91%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 15.06g (5.48%), Sugar: 15.09g (16.76%), Cholesterol: 2.76mg (0.92%), Sodium: 205.7mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Selenium: 6.93µg (9.89%), Calcium: 95.28mg (9.53%), Phosphorus: 83.86mg (8.39%), Vitamin B2: 0.11mg (6.74%), Vitamin B12: 0.26µg (4.29%), Potassium: 140.71mg (4.02%), Manganese: 0.08mg (3.96%), Magnesium: 15.73mg (3.93%), Zinc: 0.54mg (3.62%), Vitamin B1: 0.05mg (3.34%), Vitamin B5: 0.33mg (3.28%), Fiber: 0.72g (2.88%), Iron: 0.36mg (1.98%), Vitamin B6: 0.04mg (1.86%), Vitamin K: 1.88µg (1.79%), Folate: 6.92µg (1.73%), Copper: 0.02mg (1.17%)