



Feta-Mint Dipping Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup greek yogurt plain

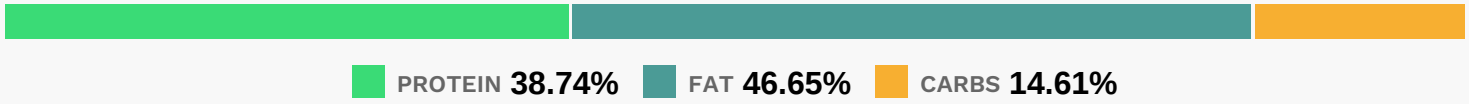
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐
- Whisk together all ingredients in a bowl; cover and chill until ready to serve.
- ☐
- Mixture may thicken during refrigeration. To thin sauce, whisk in 1 to 2 tablespoons water, lemon juice, or olive oil.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:3.0565217208603%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 54.79kcal (2.74%), Fat: 2.82g (4.34%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.91g (0.69%), Sugar: 1.1g (1.22%), Cholesterol: 12.79mg (4.26%), Sodium: 154.84mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin B2: 0.2mg (11.88%), Calcium: 101.56mg (10.16%), Phosphorus: 88.83mg (8.88%), Selenium: 5.25µg (7.49%), Vitamin B12: 0.44µg (7.41%), Vitamin B6: 0.08mg (4.08%), Zinc: 0.55mg (3.68%), Vitamin B5: 0.24mg (2.37%), Vitamin B1: 0.03mg (1.88%), Folate: 7.3µg (1.82%), Vitamin A: 89.53IU (1.79%), Potassium: 61.5mg (1.76%), Magnesium: 6.83mg (1.71%), Manganese: 0.02mg (1.23%), Vitamin B3: 0.21mg (1.06%)