



Fresh Dill Yogurt Dip



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



7

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz yogurt plain fat free
- ☐ 2 tablespoons optional: dill dried fresh chopped
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.3 cup spring onion thinly sliced (4 medium)
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 small garlic clove minced
- ☐ 2 tablespoons bell pepper diced red

- ☐ 1 cup baby carrots
- ☐ 2 cups broccoli florets
- ☐ 2 cups cucumber thinly sliced

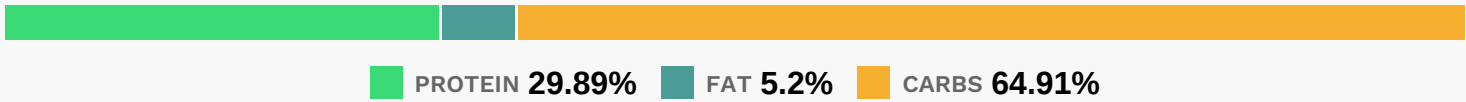
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, mix yogurt, dill, red bell pepper, green onions, salt, red pepper and garlic until well blended.
- ☐ Garnish with additional diced red bell pepper, if desired.
- ☐ Serve with carrots, broccoli and cucumber slices.

Nutrition Facts



Properties

Glycemic Index:31.43, Glycemic Load:0.64, Inflammation Score:-9, Nutrition Score:11.418260895688%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 51.5kcal (2.57%), Fat: 0.31g (0.48%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 7.02g (2.55%), Sugar: 6.07g (6.74%), Cholesterol: 0.97mg (0.32%), Sodium: 228.24mg (9.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.11%), Vitamin A: 3079.02IU (61.58%), Vitamin C: 38.73mg (46.95%), Vitamin K: 38.98µg (37.12%), Calcium: 124.53mg (12.45%), Phosphorus: 111.25mg (11.13%), Vitamin B2: 0.17mg (10.15%), Folate: 39.46µg (9.87%), Potassium: 334.86mg (9.57%), Vitamin B6: 0.15mg (7.34%), Fiber: 1.79g (7.16%), Manganese: 0.14mg (6.94%), Vitamin B5: 0.66mg (6.62%), Magnesium: 23.2mg (5.8%), Vitamin B12: 0.3µg (4.94%), Zinc: 0.72mg (4.8%), Vitamin B1: 0.07mg (4.49%), Selenium: 2.7µg (3.85%), Copper: 0.07mg (3.58%), Iron: 0.59mg (3.3%), Vitamin E: 0.4mg (2.66%), Vitamin B3: 0.46mg (2.32%)