



Garam Masala Dipping Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon garam masala
- 1 cup yogurt plain low-fat
- 0.3 cup onion finely chopped
- 2 6-inch wholewheat pita breads cut into 10 wedges ()
- 0.5 cup plum tomatoes seeded chopped
- 0.3 teaspoon salt

Equipment

- bowl

Directions

- Combine first 5 ingredients in a bowl. Cover and chill 1 hour.
- Serve with pita wedges.

Nutrition Facts



Properties

Glycemic Index:32.4, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:3.2247825990552%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 42.1kcal (2.1%), Fat: 0.87g (1.34%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 5.22g (1.9%), Sugar: 4.52g (5.03%), Cholesterol: 2.94mg (0.98%), Sodium: 154.6mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Calcium: 94.91mg (9.49%), Phosphorus: 79.72mg (7.97%), Vitamin B2: 0.11mg (6.62%), Vitamin C: 4.42mg (5.36%), Potassium: 186.81mg (5.34%), Vitamin B12: 0.27µg (4.57%), Vitamin A: 222.28IU (4.45%), Zinc: 0.5mg (3.32%), Vitamin B5: 0.33mg (3.25%), Magnesium: 12.11mg (3.03%), Vitamin B6: 0.06mg (2.79%), Folate: 11.06µg (2.77%), Vitamin B1: 0.04mg (2.42%), Selenium: 1.67µg (2.39%), Manganese: 0.04mg (2.25%), Fiber: 0.55g (2.2%), Vitamin K: 2.01µg (1.91%), Copper: 0.03mg (1.26%), Vitamin B3: 0.22mg (1.09%)