



Garlic and Herb Yogurt Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons chives chopped
- ☐ 0.3 teaspoon optional: dill dried
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 cup greek yogurt plain 2% reduced-fat
- ☐ 4 ounces baked potato chips
- ☐ 0.3 teaspoon salt

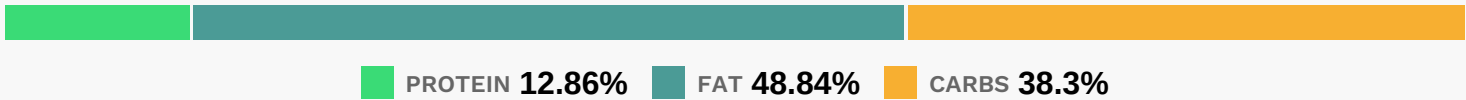
Equipment

☐ bowl

Directions

☐ In a small bowl, combine Greek yogurt, minced garlic clove, chopped chives, salt, pepper, dried dill, and lemon juice; serve with baked potato chips.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:6.7956522081209%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 176.56kcal (8.83%), Fat: 9.81g (15.09%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 16.32g (5.93%), Sugar: 1.45g (1.61%), Cholesterol: 1.88mg (0.63%), Sodium: 308.61mg (13.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin E: 2.96mg (19.75%), Vitamin B5: 1.37mg (13.72%), Potassium: 408.14mg (11.66%), Manganese: 0.23mg (11.45%), Vitamin C: 8.71mg (10.56%), Phosphorus: 97.23mg (9.72%), Vitamin B6: 0.19mg (9.45%), Vitamin K: 9.68µg (9.22%), Vitamin B2: 0.13mg (7.87%), Vitamin B3: 1.45mg (7.25%), Selenium: 4.55µg (6.5%), Magnesium: 23.53mg (5.88%), Calcium: 52.3mg (5.23%), Vitamin B1: 0.07mg (4.84%), Vitamin B12: 0.26µg (4.37%), Copper: 0.08mg (4%), Fiber: 0.98g (3.93%), Zinc: 0.53mg (3.54%), Folate: 13.22µg (3.3%), Iron: 0.47mg (2.63%), Vitamin A: 71.43IU (1.43%)