



Garlicky Yogurt Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon coarse salt
- ☐ 1 tablespoon flat-leaf parsley finely chopped
- ☐ 4 cloves garlic minced
- ☐ 1 cup yogurt thick greek-style (Middle Eastern yogurt)

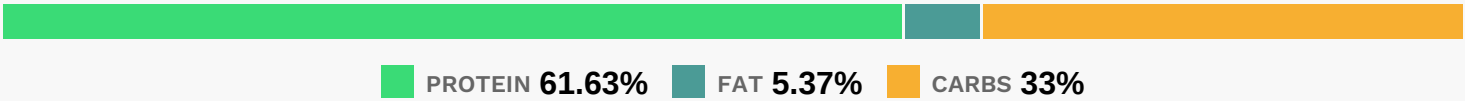
Equipment

- ☐ bowl
- ☐ cutting board
- ☐ chefs knife

Directions

- ☐
- On a cutting board, sprinkle minced garlic with salt and mash to a paste against the cutting board with the flat side of a large chef's knife.
- ☐
- In a small serving bowl, mix garlic mash with yogurt and parsley and serve.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.82304348294502%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 8.83kcal (0.44%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.42g (0.46%), Cholesterol: 0.63mg (0.21%), Sodium: 77.44mg (3.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Vitamin K: 4.11µg (3.92%), Vitamin B2: 0.04mg (2.13%), Selenium: 1.34µg (1.92%), Phosphorus: 18.29mg (1.83%), Calcium: 15.62mg (1.56%), Vitamin B12: 0.09µg (1.46%)