



Greek Yogurt Labneh

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



31 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons herbs: rosemary fresh finely minced (such as tarragon, parsley, and chives)
- 2 cups greek yogurt plain whole 2%
- 8 servings pepper black freshly ground
- 0.5 teaspoon lemon zest finely grated

Equipment

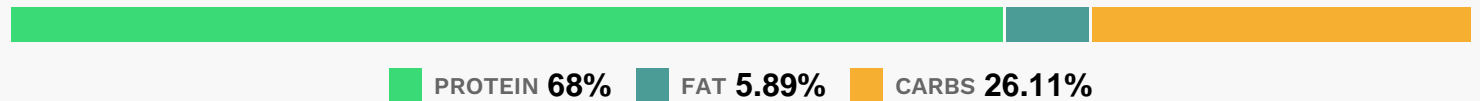
- bowl
- whisk
- sieve

cheesecloth

Directions

- Line a large sieve with cheesecloth;set over a medium deepbowl.
- Place yogurt in sieve.Gather edges of cheesecloth tocover yogurt.
- Place in refrigeratorand let drain for 2–3 days.
- Gently squeeze out anyexcess liquid; discard liquid inbowl (yogurt will be very thickand resemble soft goat cheese).
- Roll yogurt into 3/4" balls.
- Placein an 8–ounce glass jar.
- Whisk oil, herbs, and lemonzest in a small bowl to combine.Season with salt and pepper.
- Pour over yogurt in jar. Cover;place in refrigerator and letmarinate for at least 8 hoursand up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:3.3791304266323%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg

Nutrients (% of daily need)

Calories: 31.35kcal (1.57%), Fat: 0.2g (0.31%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 1.91g (0.69%), Sugar: 1.65g (1.84%), Cholesterol: 2.5mg (0.83%), Sodium: 18.87mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin K: 24.76µg (23.58%), Vitamin B2: 0.14mg (8.37%), Selenium: 4.96µg (7.08%), Phosphorus: 69.04mg (6.9%), Vitamin B12: 0.35µg (5.83%), Calcium: 58.18mg (5.82%), Vitamin C: 2.16mg (2.61%), Vitamin A: 128.97IU (2.58%), Potassium: 80.34mg (2.3%), Zinc: 0.28mg (1.88%), Vitamin B5: 0.17mg (1.73%), Vitamin B6: 0.03mg (1.69%), Magnesium: 6.44mg (1.61%), Folate: 5.81µg (1.45%)