



Greek Yogurt Labneh



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



55 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
- ☐ 0.5 cup olive oil extra virgin extra-virgin ()

Equipment

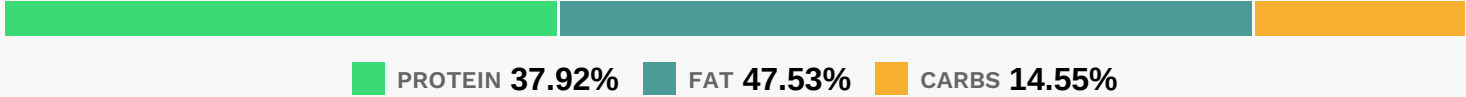
- ☐ bowl
- ☐ whisk

- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Line a large sieve with cheesecloth;set over a medium deep bowl.
- ☐ Place yogurt in sieve.Gather edges of cheesecloth to cover yogurt.
- ☐ Place in refrigerator and let drain for 2–3 days.
- ☐ Gently squeeze out any excess liquid; discard liquid in bowl (yogurt will be very thick and resemble soft goat cheese).
- ☐ Roll yogurt into 3/4" balls.
- ☐ Place in an 8-ounce glass jar.
- ☐ Whisk oil, herbs, and lemon zest in a small bowl to combine.Season with salt and pepper.
- ☐ Pour over yogurt in jar. Cover;place in refrigerator and let marinate for at least 8 hours and up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:3.5626086579717%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 55.22kcal (2.76%), Fat: 2.9g (4.46%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 1.91g (0.69%), Sugar: 1.65g (1.84%), Cholesterol: 2.5mg (0.83%), Sodium: 18.92mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin K: 26.39µg (25.13%), Vitamin B2: 0.14mg (8.37%), Selenium: 4.96µg (7.08%), Phosphorus: 69.04mg (6.9%), Vitamin B12: 0.35µg (5.83%), Calcium: 58.21mg (5.82%), Vitamin E: 0.41mg (2.71%), Vitamin C: 2.16mg (2.61%), Vitamin A: 128.97IU (2.58%), Potassium: 80.37mg (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%)