



Greek Yogurt Snack Dip



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

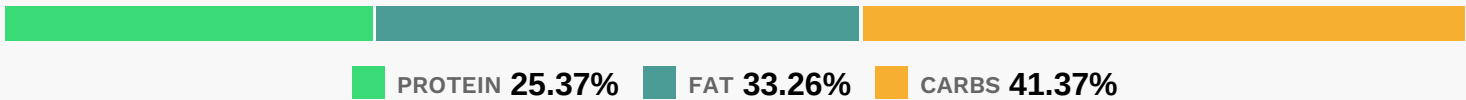
- ☐ 3 tbsp optional: dill fresh chopped
- ☐ 1 tsp garlic fresh minced
- ☐ 2 cups greek yogurt (lowfat is best, nonfat works too)
- ☐ 8 servings savory vegetable fresh for dipping
- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 cup walnuts plus more for garnish

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Greek Yogurt Snack Dip
- ☐ Ingredients16 oz. (about 2 cups) Greek yogurt (lowfat is best, nonfat works too)1/2 cup walnuts, plus more for garnish3 tbsp fresh chopped dill1 tsp minced fresh garlic
- ☐ Salt and pepper to taste
- ☐ Fresh cut veggies, chips or crackers for dipping
- ☐ Total Time: 5 Minutes
- ☐ Servings: 8
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:4.01, Inflammation Score:-10, Nutrition Score:11.982173953367%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 137.15kcal (6.86%), Fat: 5.43g (8.35%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 11.06g (4.02%), Sugar: 1.83g (2.03%), Cholesterol: 2.5mg (0.83%), Sodium: 254.86mg (11.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.64%), Vitamin A: 4636.05IU (92.72%), Manganese: 0.48mg (24.22%), Fiber: 4.14g (16.56%), Phosphorus: 147.63mg (14.76%), Vitamin B2: 0.23mg (13.51%), Vitamin C: 9.8mg (11.87%), Copper: 0.21mg (10.54%), Vitamin B1: 0.15mg (9.85%), Magnesium: 39.07mg (9.77%), Folate: 37.29µg (9.32%), Calcium: 86.48mg (8.65%), Potassium: 298.22mg (8.52%), Selenium: 5.72µg (8.18%), Vitamin B6: 0.16mg (8.16%), Vitamin B3: 1.33mg (6.66%), Iron: 1.13mg (6.28%), Zinc: 0.91mg (6.04%), Vitamin B12: 0.35µg (5.83%), Vitamin B5: 0.36mg (3.58%)