



Haydari (Turkish Yogurt Dip)



Vegetarian



Gluten Free

READY IN



495 min.

SERVINGS



8

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce cream cheese softened
- ☐ 1 bunch optional: dill fresh chopped
- ☐ 1 bunch parsley fresh chopped
- ☐ 5 cloves garlic
- ☐ 2 mint leaves for garnish
- ☐ 16 ounce yogurt plain
- ☐ 1 pinch salt

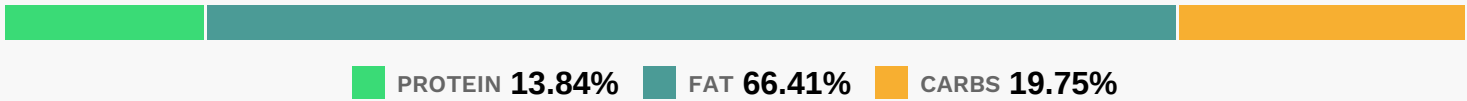
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Line a colander with two layers of cheesecloth and place over a medium bowl.
- ☐ Place the yogurt on the cheesecloth and cover the colander with plastic wrap. Allow yogurt to drain 8 hours or overnight.
- ☐ Scoop the drained yogurt into a mixing bowl. Mash the garlic cloves with the salt into a fine paste; mix into the yogurt. Stir the dill, parsley, and cream cheese into the yogurt and garlic mixture.
- ☐ Spread onto a dish and garnish with the mint leaves to serve.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:0.96, Inflammation Score:-6, Nutrition Score:8.5421739272449%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 89.79kcal (4.49%), Fat: 6.79g (10.44%), Saturated Fat: 4.06g (25.4%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 4.25g (1.54%), Sugar: 3.25g (3.62%), Cholesterol: 21.69mg (7.23%), Sodium: 79.9mg (3.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Vitamin K: 117.29µg (111.71%), Vitamin A: 867.15IU (17.34%), Vitamin C: 10.53mg (12.76%), Calcium: 96.45mg (9.65%), Phosphorus: 76.3mg (7.63%), Vitamin B2: 0.12mg (7.25%), Potassium: 155.93mg (4.46%), Folate: 16.6µg (4.15%), Vitamin B12: 0.24µg (4.02%), Selenium:

2.74µg (3.91%), Vitamin B5: 0.34mg (3.42%), Zinc: 0.51mg (3.38%), Magnesium: 12.38mg (3.09%), Iron: 0.54mg (2.99%), Vitamin B6: 0.06mg (2.81%), Manganese: 0.05mg (2.56%), Vitamin B1: 0.03mg (1.99%), Vitamin E: 0.21mg (1.41%), Copper: 0.02mg (1.24%), Fiber: 0.3g (1.19%)