



Herbed Yogurt Spread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



43 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 teaspoon mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup yogurt low-fat
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon frangelico dried fresh chopped
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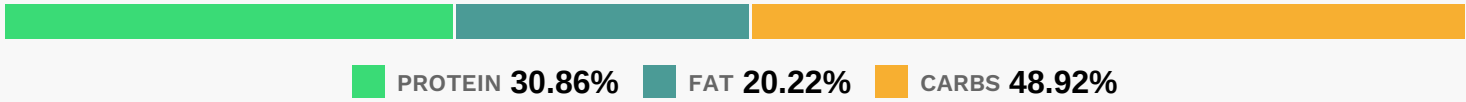
Equipment

whisk

Directions

Whisk together all ingredients; chill until ready to serve or up to 8 hours.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:3.0252173743818%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 42.58kcal (2.13%), Fat: 0.98g (1.5%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 5.21g (1.89%), Sugar: 4.45g (4.95%), Cholesterol: 3.67mg (1.23%), Sodium: 43.25mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.71%), Calcium: 116.33mg (11.63%), Phosphorus: 91.33mg (9.13%), Vitamin B2: 0.13mg (7.89%), Vitamin B12: 0.34µg (5.72%), Potassium: 158.1mg (4.52%), Vitamin B5: 0.38mg (3.81%), Zinc: 0.57mg (3.79%), Vitamin C: 2.91mg (3.53%), Selenium: 2.25µg (3.22%), Manganese: 0.06mg (3.03%), Magnesium: 11.56mg (2.89%), Vitamin B6: 0.05mg (2.59%), Vitamin B1: 0.03mg (2.1%), Folate: 7.88µg (1.97%)