



Lemon-Garlic Greek Dressing

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 3 cloves garlic pressed
- ☐ 16 ounce greek yogurt
- ☐ 0.3 cup juice of lemon fresh

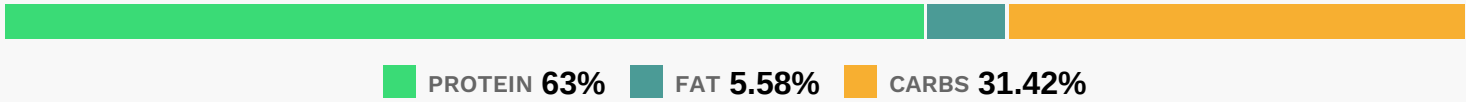
Equipment

- ☐ whisk

Directions

- ☐ Whisk together all ingredients.
- ☐ Note: For testing purposes only, we used Ken's Steak House Greek Dressing.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:4.1713043787395%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 60.7kcal (3.04%), Fat: 0.37g (0.58%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 4.67g (1.7%), Sugar: 3.29g (3.66%), Cholesterol: 4.54mg (1.51%), Sodium: 33.09mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Vitamin B2: 0.26mg (15.22%), Selenium: 9.25µg (13.21%), Phosphorus: 127.11mg (12.71%), Vitamin B12: 0.63µg (10.58%), Calcium: 104.69mg (10.47%), Vitamin C: 5.28mg (6.4%), Vitamin B6: 0.09mg (4.3%), Potassium: 147.7mg (4.22%), Zinc: 0.51mg (3.39%), Vitamin B5: 0.33mg (3.27%), Magnesium: 11.16mg (2.79%), Folate: 8.84µg (2.21%), Manganese: 0.04mg (1.99%), Vitamin B1: 0.03mg (1.77%), Copper: 0.02mg (1.14%), Vitamin B3: 0.22mg (1.08%)