



Lemon-Poppy Seed Yogurt Dressing



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



38 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 2 tablespoons sugar
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon poppy seeds

Equipment

- ☐ bowl

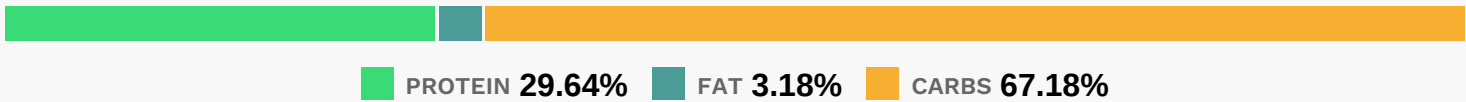
☐ whisk

Directions

☐ In small bowl, mix all ingredients with whisk until well blended.

☐ Serve on your favorite salad greens.

Nutrition Facts



Properties

Glycemic Index:7.51, Glycemic Load:1.68, Inflammation Score:-1, Nutrition Score:2.3356521890863%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 37.87kcal (1.89%), Fat: 0.14g (0.21%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 6.37g (2.32%), Sugar: 6.25g (6.94%), Cholesterol: 0.98mg (0.33%), Sodium: 95.96mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Calcium: 99.23mg (9.92%), Phosphorus: 77.86mg (7.79%), Vitamin B2: 0.12mg (6.82%), Vitamin B12: 0.3µg (4.98%), Potassium: 129.12mg (3.69%), Zinc: 0.48mg (3.23%), Vitamin B5: 0.32mg (3.19%), Selenium: 1.79µg (2.56%), Magnesium: 9.8mg (2.45%), Vitamin C: 1.99mg (2.41%), Vitamin B1: 0.03mg (1.67%), Folate: 6.58µg (1.65%), Vitamin B6: 0.03mg (1.4%)