



## Lemon-Yogurt Dip

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 tsp crystal lemonade flavor drink mix light
- 2 cups vanilla yogurt low-fat
- 4 oz philadelphia neufchatel cheese softened ()

### Equipment

### Directions

- Mix ingredients until blended.

# Nutrition Facts

PROTEIN 18.62% FAT 38.86% CARBS 42.52%

## Properties

Glycemic Index:2.7, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.4473913186432%

## Nutrients (% of daily need)

Calories: 73.13kcal (3.66%), Fat: 3.2g (4.93%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 7.89g (2.87%), Sugar: 7.82g (8.69%), Cholesterol: 10.84mg (3.61%), Sodium: 70.59mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.91%), Calcium: 97.21mg (9.72%), Phosphorus: 81.83mg (8.18%), Vitamin B2: 0.12mg (6.83%), Vitamin B12: 0.29µg (4.9%), Selenium: 2.75µg (3.92%), Potassium: 125.63mg (3.59%), Vitamin B5: 0.34mg (3.36%), Zinc: 0.5mg (3.34%), Magnesium: 10.8mg (2.7%), Vitamin A: 116.5IU (2.33%), Folate: 7.02µg (1.76%), Vitamin B1: 0.02mg (1.55%), Vitamin B6: 0.03mg (1.34%)