



Low-Cal Dilled Yogurt Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



20 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons teaspoons dill dried fresh chopped
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 0.3 teaspoon garlic minced
- ☐ 0.3 teaspoon mustard dried
- ☐ 0.5 small onion chopped
- ☐ 1 cup nonfat yogurt plain

Equipment

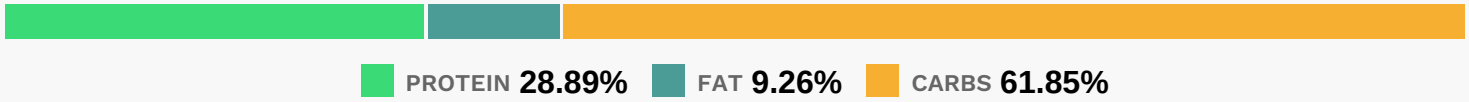
- ☐ food processor

- ☐ whisk
- ☐ blender

Directions

- ☐ Process yogurt and next 4 ingredients in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Whisk in mayonnaise. Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.3073913178042%

Flavonoids

Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 20.19kcal (1.01%), Fat: 0.21g (0.32%), Saturated Fat: 0.06g (0.41%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2.63g (2.92%), Cholesterol: 1.01mg (0.34%), Sodium: 65.95mg (2.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Calcium: 50.29mg (5.03%), Phosphorus: 40.07mg (4.01%), Vitamin B2: 0.06mg (3.5%), Vitamin B12: 0.15µg (2.49%), Potassium: 71.49mg (2.04%), Zinc: 0.25mg (1.66%), Vitamin B5: 0.16mg (1.62%), Vitamin K: 1.49µg (1.42%), Selenium: 0.97µg (1.39%), Magnesium: 5.24mg (1.31%)