



Middle Eastern Style Yogurt

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon mint dried crumbled
- ☐ 0.8 teaspoon thyme dried crumbled
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 6 servings wholewheat pita breads toasted
- ☐ 0.8 teaspoon salt
- ☐ 1.5 tablespoons sesame seed
- ☐ 4 cups yogurt plain

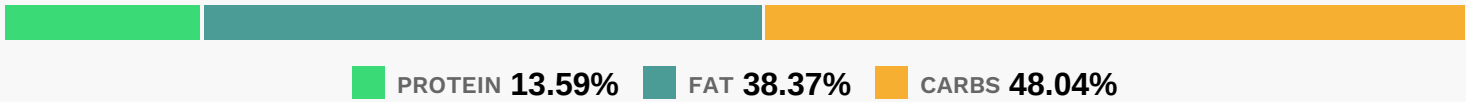
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ sieve

Directions

- ☐ Line a sieve with a double layer of paper towels and set over a bowl.
- ☐ Whisk yogurt with salt and spoon into sieve.
- ☐ Let drain, covered and chilled, at least 12 hours and up to 2
- ☐ Meanwhile, toast sesame seeds in a dry small heavy skillet, shaking skillet occasionally, until golden, about 2 minutes.
- ☐ Whisk together oil, mint, and thyme in a bowl, then add toasted sesame seeds and chill, covered, up to 24 hours.
- ☐ Bring sesame mixture to room temperature, then drizzle it over lebneh (thickened yogurt).

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:30.59, Inflammation Score:-4, Nutrition Score:9.3521738467009%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 327.56kcal (16.38%), Fat: 13.99g (21.52%), Saturated Fat: 4.63g (28.91%), Carbohydrates: 39.4g (13.13%), Net Carbohydrates: 37.86g (13.77%), Sugar: 7.62g (8.47%), Cholesterol: 21.23mg (7.08%), Sodium: 666.69mg (28.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.29%), Calcium: 269.15mg (26.91%), Phosphorus: 222.55mg (22.25%), Manganese: 0.35mg (17.26%), Vitamin B2: 0.29mg (17.23%), Vitamin B1: 0.21mg (14.24%), Zinc: 1.6mg (10.66%), Magnesium: 41.96mg (10.49%), Vitamin B12: 0.6µg (10.07%), Copper: 0.19mg (9.65%), Potassium: 332.48mg (9.5%), Vitamin B5: 0.86mg (8.6%), Iron: 1.43mg (7.92%), Vitamin E: 1.12mg (7.47%), Vitamin B3: 1.42mg (7.12%), Folate: 27.6µg (6.9%), Vitamin K: 6.68µg (6.37%), Fiber: 1.54g (6.16%), Selenium: 4.29µg

(6.13%), Vitamin B6: 0.09mg (4.5%), Vitamin A: 175.45IU (3.51%), Vitamin D: 0.16µg (1.09%), Vitamin C: 0.88mg (1.07%)