



## Sesame Yogurt Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



47 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 clove garlic minced peeled
- 1 cup nonfat yogurt plain
- 4 servings salt and pepper
- 1 tablespoon sesame seed

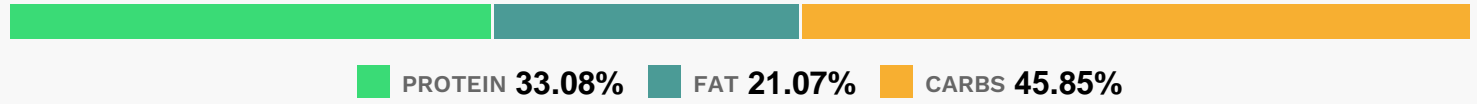
### Equipment

- bowl
- frying pan

## Directions

- In a 6- to 8-inch frying pan over medium heat, stir sesame seeds until golden, 2 to 3 minutes.
- In a small bowl, mix yogurt, garlic, and toasted sesame seeds.
- Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:3.6726086998115%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 46.88kcal (2.34%), Fat: 1.11g (1.7%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 5.17g (1.88%), Sugar: 4.72g (5.24%), Cholesterol: 1.23mg (0.41%), Sodium: 241.3mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Calcium: 142.87mg (14.29%), Phosphorus: 109.89mg (10.99%), Vitamin B2: 0.15mg (8.77%), Vitamin B12: 0.37µg (6.23%), Zinc: 0.76mg (5.06%), Potassium: 168.6mg (4.82%), Magnesium: 18.85mg (4.71%), Copper: 0.09mg (4.66%), Selenium: 3µg (4.29%), Vitamin B5: 0.4mg (3.98%), Manganese: 0.07mg (3.27%), Vitamin B1: 0.05mg (3.11%), Vitamin B6: 0.06mg (2.88%), Folate: 9.31µg (2.33%), Iron: 0.36mg (2%), Fiber: 0.25g (1.01%)