



Shallot Yogurt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



60 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups greek yogurt plain 2%
- ☐ 6 servings kosher salt
- ☐ 1 tablespoon olive oil extra virgin extra-virgin plus more for drizzling
- ☐ 3 large shallots finely chopped

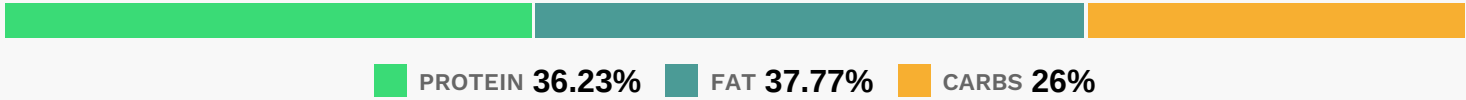
Equipment

- ☐ bowl

Directions

- ☐ Mix shallots, yogurt, and 1 tablespoon oil in a medium bowl; season with salt. Cover and chill at least 6 hours to let flavors meld.
- ☐ Drizzle shallot yogurt with more oil.
- ☐ DO AHEAD: Shallot yogurt can be made 1 day ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.51, Inflammation Score:-1, Nutrition Score:2.7308695648351%

Nutrients (% of daily need)

Calories: 60.13kcal (3.01%), Fat: 2.53g (3.89%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.52g (1.28%), Sugar: 2.62g (2.91%), Cholesterol: 2.5mg (0.83%), Sodium: 213.34mg (9.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.93%), Vitamin B2: 0.14mg (8.41%), Phosphorus: 75.5mg (7.55%), Selenium: 5.1µg (7.29%), Calcium: 60.27mg (6.03%), Vitamin B12: 0.35µg (5.83%), Vitamin B6: 0.08mg (3.76%), Potassium: 112.31mg (3.21%), Vitamin E: 0.35mg (2.31%), Zinc: 0.32mg (2.1%), Manganese: 0.04mg (2.07%), Magnesium: 8.13mg (2.03%), Vitamin B5: 0.2mg (2.02%), Folate: 7.75µg (1.94%), Fiber: 0.4g (1.6%), Vitamin K: 1.5µg (1.43%), Vitamin B1: 0.02mg (1.23%), Vitamin C: 1mg (1.21%), Iron: 0.2mg (1.11%)