



Strawberries with Mint Yogurt Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 8 servings garnish: mint sprig fresh
- ☐ 8 servings strawberries fresh whole
- ☐ 1 quart vanilla yogurt

Equipment

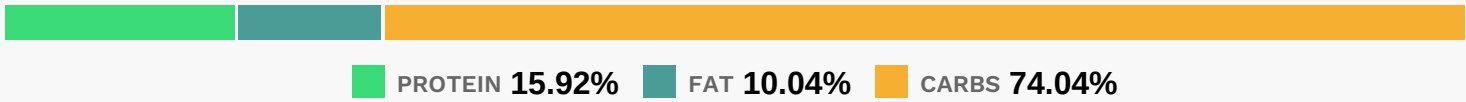
- ☐ bowl

- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Line a fine wire-mesh strainer with a coffee filter, and place over a bowl.
- ☐ Spoon yogurt into filter. Cover with plastic wrap, and chill at least 24 hours. Yogurt may be chilled up to 72 hours. It gets thicker the longer it chills.
- ☐ Discard liquid in bowl, and whisk together thickened yogurt, mint, lemon rind, and honey until blended.
- ☐ Garnish, if desired.
- ☐ Serve with strawberries.

Nutrition Facts



Properties

Glycemic Index:11.53, Glycemic Load:5.53, Inflammation Score:-6, Nutrition Score:13.286956486495%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 163.76kcal (8.19%), Fat: 1.93g (2.96%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 28.93g (10.52%), Sugar: 27.68g (30.75%), Cholesterol: 5.91mg (1.97%), Sodium: 80.23mg (3.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.75%), Vitamin C: 86.24mg (104.54%), Manganese: 0.58mg (29.19%), Calcium: 229.67mg (22.97%), Phosphorus: 195.66mg (19.57%), Vitamin B2: 0.28mg (16.22%), Potassium: 491.46mg (14.04%), Folate: 49.54µg (12.38%), Fiber: 3.03g (12.11%), Vitamin B12: 0.63µg (10.45%), Magnesium: 39.06mg (9.77%), Selenium: 6.41µg (9.16%), Vitamin B5: 0.84mg (8.42%), Zinc: 1.21mg (8.09%), Vitamin B6: 0.12mg (6.22%), Vitamin B1: 0.09mg (5.71%), Copper: 0.09mg (4.59%), Iron: 0.78mg (4.32%), Vitamin B3: 0.72mg (3.58%), Vitamin K: 3.29µg (3.13%), Vitamin E: 0.44mg (2.94%), Vitamin A: 137.21IU (2.74%)