



WHATSheATE



Tangy Yogurt Dip with Veggies



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 tablespoons chili sauce



1 cup yogurt plain fat free yoplait® (from 2-lb container)



1 teaspoon horseradish prepared



1 slices cauliflower florets fresh red assorted (snow pea pods, carrot bell pepper slices, broccoli and cauliflower florets)

Equipment

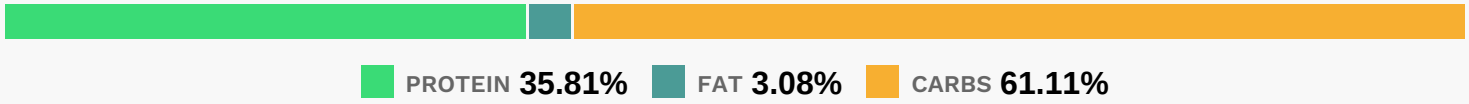


bowl

Directions

- ☐ In medium bowl, mix yogurt, chili sauce and horseradish. Cover; refrigerate at least 1 hour to blend flavors.
- ☐ Serve dip with vegetables.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.5969565368217%

Nutrients (% of daily need)

Calories: 20.93kcal (1.05%), Fat: 0.07g (0.11%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 3.06g (1.11%), Sugar: 2.9g (3.23%), Cholesterol: 0.61mg (0.2%), Sodium: 76.49mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Calcium: 62.07mg (6.21%), Phosphorus: 50.28mg (5.03%), Vitamin B2: 0.07mg (4.38%), Vitamin B12: 0.19µg (3.11%), Potassium: 93.88mg (2.68%), Zinc: 0.31mg (2.06%), Vitamin B5: 0.2mg (1.98%), Selenium: 1.16µg (1.66%), Magnesium: 6.46mg (1.61%), Vitamin C: 1.09mg (1.32%), Vitamin B1: 0.02mg (1.21%), Vitamin B6: 0.02mg (1.15%), Folate: 4.44µg (1.11%)