



Thick yogurt & herb dip

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 400 g greek yogurt
- ☐ 4 spring onion finely sliced
- ☐ 1 tbsp mint leaves chopped
- ☐ 8 servings olive oil extra virgin extra-virgin for drizzling

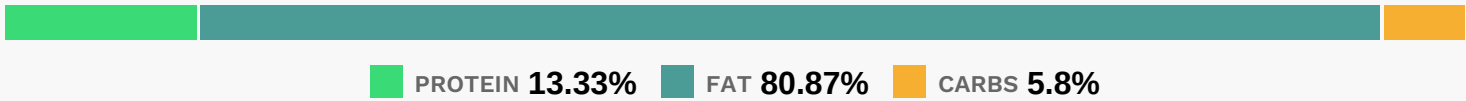
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ sieve

Directions

- ☐ Tip the yogurt into a fine sieve set over a bowl, then leave to drain in the fridge for 1 hr. Discard any liquid that has drained off.
- ☐ Scrape into a mixing bowl, then stir in the onions and most of the herbs. When ready to serve, drizzle with a little extra virgin olive oil and sprinkle with the remaining herbs and a little black pepper.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.8104347742122%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 156.32kcal (7.82%), Fat: 14.2g (21.84%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 2.12g (0.77%), Sugar: 1.77g (1.97%), Cholesterol: 2.5mg (0.83%), Sodium: 19.3mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.53%), Vitamin K: 20.85µg (19.86%), Vitamin E: 2.05mg (13.69%), Vitamin B2: 0.15mg (8.58%), Selenium: 4.99µg (7.12%), Phosphorus: 70.37mg (7.04%), Calcium: 60.45mg (6.04%), Vitamin B12: 0.35µg (5.83%), Potassium: 88.34mg (2.52%), Zinc: 0.29mg (1.94%), Folate: 7.57µg (1.89%), Vitamin B6: 0.04mg (1.8%), Vitamin B5: 0.17mg (1.71%), Magnesium: 6.86mg (1.71%), Vitamin C: 1.19mg (1.44%), Vitamin A: 70.32IU (1.41%), Iron: 0.21mg (1.18%)