



Vegan Yogurt Curry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



176 kcal

SAUCE

Ingredients

- ☐ 6 ounce cultured coconut milk yogurt plain (for nut-free)
- ☐ 1 teaspoon curry powder
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup veganaise (Vegenaise used here)

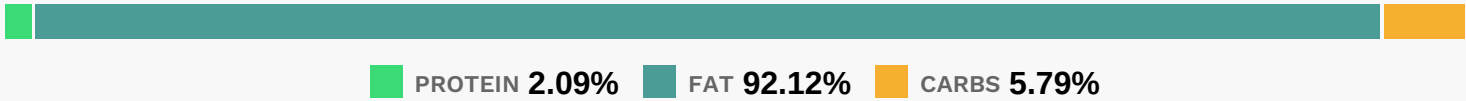
Equipment

- ☐ whisk

Directions

- ☐ Whisk the yogurt, 1/4 cup mayo, curry powder, and lemon juice until smooth.For a thicker, richer dip, whisk in up to 1/4 cup more of the vegan mayo.
- ☐ Serve on a sandwich, on soup, or with vegetables for dipping.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.17, Inflammation Score:-1, Nutrition Score:2.3934782575006%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 175.69kcal (8.78%), Fat: 18.14g (27.91%), Saturated Fat: 9.05g (56.56%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.05g (0.05%), Cholesterol: 0mg (0%), Sodium: 85.74mg (3.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Manganese: 0.35mg (17.41%), Iron: 1.55mg (8.62%), Magnesium: 20.91mg (5.23%), Copper: 0.1mg (4.96%), Phosphorus: 42.67mg (4.27%), Potassium: 102.56mg (2.93%), Folate: 6.97µg (1.74%), Zinc: 0.26mg (1.73%), Vitamin B3: 0.29mg (1.45%), Vitamin C: 0.97mg (1.17%), Calcium: 10.12mg (1.01%)