



Versatile dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 225 g creamy yogurt plain thick
- ☐ 3 tbsp harissa (depending on taste)
- ☐ 1 small handful coriander finely chopped
- ☐ 1 small handful mint leaves fresh finely chopped

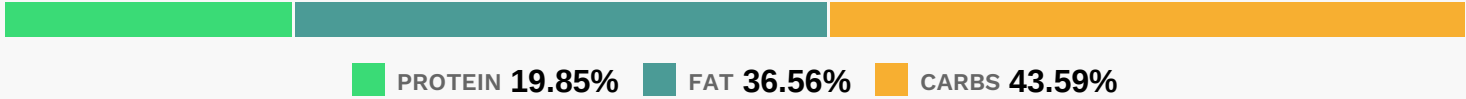
Equipment

- ☐ bowl

Directions

☐ Spoon the yogurt into a bowl and beat in as much harissa as you like. Stir in most of the coriander and mint, and season if you like. Tip into a serving bowl, garnish with the rest of the herbs and serve.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:1.7556521762972%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 30.4kcal (1.52%), Fat: 1.25g (1.92%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.75g (3.06%), Cholesterol: 4.88mg (1.63%), Sodium: 118.26mg (5.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Calcium: 48.94mg (4.89%), Phosphorus: 40.33mg (4.03%), Vitamin B2: 0.06mg (3.61%), Vitamin A: 161.43IU (3.23%), Potassium: 93.14mg (2.66%), Vitamin K: 2.53µg (2.41%), Vitamin B12: 0.14µg (2.31%), Vitamin C: 1.78mg (2.16%), Zinc: 0.24mg (1.63%), Magnesium: 6.11mg (1.53%), Vitamin B5: 0.15mg (1.52%), Selenium: 0.91µg (1.3%), Vitamin B6: 0.03mg (1.29%), Vitamin B1: 0.02mg (1.24%), Vitamin E: 0.18mg (1.22%), Folate: 4.47µg (1.12%), Fiber: 0.25g (1.01%)