



Walnut-Yogurt Dip (Akhrot Ka Raita)

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 cup cheese
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.3 teaspoon cumin seeds
- ☐ 12 grapes green seedless thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup walnut pieces coarsely chopped

Equipment

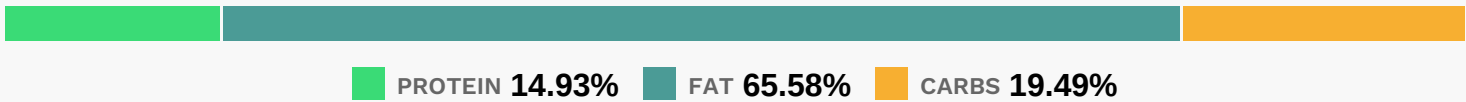
☐

bowl

Directions

- ☐ Combine Yogurt Cheese, chopped walnuts, sugar, and salt in a medium bowl.
- ☐ Sprinkle with cumin and pepper; garnish with grape slices. Cover and chill 20 minutes.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:0.76, Inflammation Score:-2, Nutrition Score:3.13999999934694%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 106.41kcal (5.32%), Fat: 8.01g (12.33%), Saturated Fat: 3.02g (18.85%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.94g (1.8%), Sugar: 4.25g (4.72%), Cholesterol: 14.13mg (4.71%), Sodium: 166.75mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.21%), Calcium: 108.61mg (10.86%), Manganese: 0.18mg (8.89%), Phosphorus: 83.59mg (8.36%), Selenium: 4.29µg (6.13%), Copper: 0.09mg (4.7%), Zinc: 0.68mg (4.53%), Vitamin B2: 0.08mg (4.43%), Vitamin A: 157.52IU (3.15%), Magnesium: 12.59mg (3.15%), Vitamin B12: 0.15µg (2.5%), Vitamin B6: 0.04mg (2.23%), Folate: 7.94µg (1.98%), Vitamin B1: 0.03mg (1.76%), Fiber: 0.41g (1.65%), Vitamin K: 1.6µg (1.53%), Potassium: 52.43mg (1.5%), Iron: 0.26mg (1.45%), Vitamin E: 0.17mg (1.12%)