



Yogurt Dressing



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



48 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

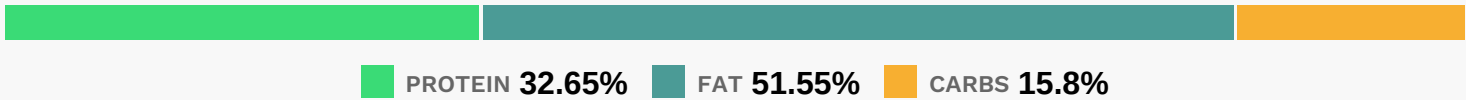
- ☐ 5 tablespoons buttermilk
- ☐ 4 ounces feta cheese crumbled finely
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup greek yogurt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 10 servings salt and pepper black to taste

Equipment

Directions

- ☐ Stir together yogurt, feta cheese, dill, buttermilk, lemon zest, lemon juice, and garlic.
- ☐ Add table salt and black pepper to taste.
- ☐ Let stand 15 minutes.
- ☐ Note: For a thicker dressing, reduce buttermilk to 4 Tbsp.

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:2.6256521804177%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 48.23kcal (2.41%), Fat: 2.77g (4.26%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.85g (0.67%), Sugar: 1.12g (1.24%), Cholesterol: 11.92mg (3.97%), Sodium: 338.29mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Vitamin B2: 0.17mg (9.77%), Calcium: 88.28mg (8.83%), Phosphorus: 72.59mg (7.26%), Vitamin B12: 0.37µg (6.1%), Selenium: 4.01µg (5.72%), Vitamin B6: 0.07mg (3.48%), Zinc: 0.47mg (3.12%), Vitamin C: 1.84mg (2.23%), Vitamin B5: 0.21mg (2.12%), Vitamin B1: 0.03mg (1.8%), Folate: 6.18µg (1.55%), Potassium: 50.92mg (1.45%), Magnesium: 5.47mg (1.37%), Vitamin A: 67.61IU (1.35%)