



Yogurt Garlic Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



39 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon garlic chopped
- 1 cup yogurt plain (preferably whole-milk)
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon kosher salt

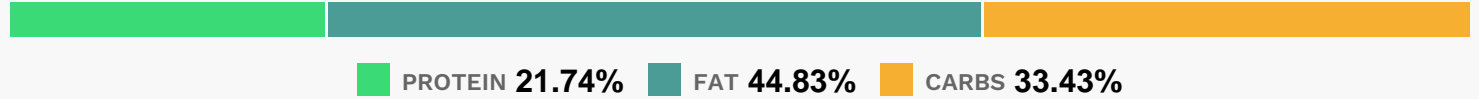
Equipment

- knife
- mortar and pestle

Directions

- Mash garlic to a paste with salt using a mortar and pestle (or mince and mash with a heavy knife). Stir together garlic paste, yogurt, and lemon juice.
- Sauce may be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:0.61, Inflammation Score:-1, Nutrition Score:1.952173921725%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 39.31kcal (1.97%), Fat: 2g (3.08%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 3.33g (1.21%), Sugar: 2.96g (3.28%), Cholesterol: 7.96mg (2.65%), Sodium: 319.02mg (13.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Calcium: 75.88mg (7.59%), Phosphorus: 59.63mg (5.96%), Vitamin B2: 0.09mg (5.2%), Vitamin B12: 0.23µg (3.78%), Potassium: 101.87mg (2.91%), Zinc: 0.37mg (2.48%), Vitamin B5: 0.25mg (2.48%), Vitamin C: 1.99mg (2.41%), Selenium: 1.46µg (2.08%), Magnesium: 7.77mg (1.94%), Vitamin B6: 0.03mg (1.53%), Vitamin B1: 0.02mg (1.34%), Folate: 5.06µg (1.26%), Vitamin A: 60.93IU (1.22%)