

Yogurt Herb Dipping Sauce



Vegetarian



Gluten Free

READY IN



125 min.

SERVINGS



5

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon celery salt
- ☐ 1 teaspoon cilantro leaves fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon green onion chopped
- ☐ 0.5 cup yogurt plain
- ☐ 0.3 cup cup heavy whipping cream sour

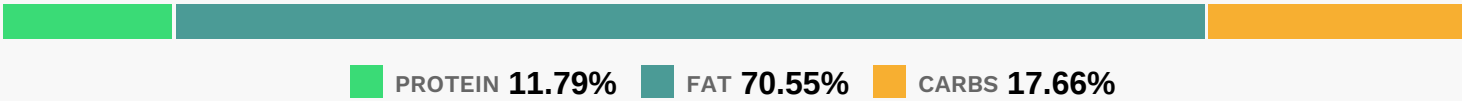
Equipment

- ☐ bowl

Directions

- ☐ In a medium-size mixing or serving bowl, combine yogurt, sour cream, parsley, cilantro, green onion, and celery salt.
- ☐ Mix well, cover, and refrigerate for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.1386956528801%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 37.85kcal (1.89%), Fat: 3.03g (4.66%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.69g (0.62%), Sugar: 1.54g (1.72%), Cholesterol: 9.97mg (3.32%), Sodium: 247.47mg (10.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Calcium: 41.73mg (4.17%), Phosphorus: 32.18mg (3.22%), Vitamin B2: 0.05mg (3.2%), Vitamin A: 102.92IU (2.06%), Vitamin B12: 0.11µg (1.91%), Potassium: 53.72mg (1.53%), Selenium: 0.97µg (1.38%), Vitamin K: 1.44µg (1.37%), Vitamin B5: 0.13mg (1.34%), Zinc: 0.19mg (1.23%), Magnesium: 4.19mg (1.05%)