



Yogurt-Mint Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



45 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.7 cup mint leaves fresh packed
- ☐ 1 clove garlic minced
- ☐ 0.1 teaspoon ground cayenne
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon salt
- ☐ 1 cup yogurt plain whole separated

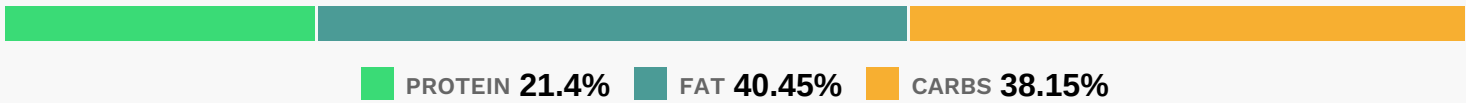
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ In a blender, whirl 1/4 cup plain whole yogurt, 1 clove minced garlic, 2/3 cup packed fresh mint leaves, 1 tsp. salt, 1 tsp. lemon juice, 1/4 tsp. freshly ground black pepper, and 1/8 tsp. cayenne until smooth.
- ☐ Transfer to a serving bowl and stir in an additional 3/4 cup plain whole yogurt.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:3.3130434531233%

Flavonoids

Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 44.52kcal (2.23%), Fat: 2.08g (3.2%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 3.75g (1.36%), Sugar: 2.9g (3.22%), Cholesterol: 7.96mg (2.65%), Sodium: 612.05mg (26.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Calcium: 94.78mg (9.48%), Vitamin A: 406.07IU (8.12%), Phosphorus: 65.29mg (6.53%), Vitamin B2: 0.11mg (6.4%), Manganese: 0.12mg (6.1%), Vitamin C: 3.46mg (4.19%), Potassium: 144.95mg (4.14%), Vitamin B12: 0.23µg (3.78%), Magnesium: 13.94mg (3.48%), Folate: 13.2µg (3.3%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.27mg (2.71%), Fiber: 0.67g (2.67%), Iron: 0.45mg (2.49%), Selenium: 1.47µg (2.1%), Vitamin B6: 0.04mg (2.05%), Copper: 0.04mg (1.75%), Vitamin B1: 0.03mg (1.74%)