



Yogurt-Poppy Seed Dressing



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



30 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup yogurt plain
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon poppy seeds

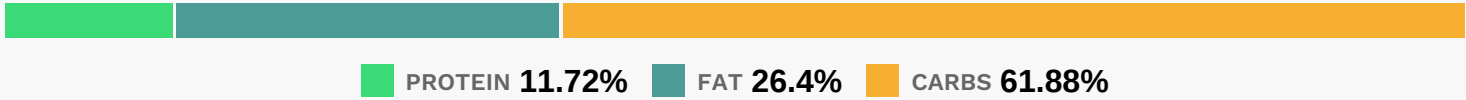
Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ Whisk together all ingredients in a small bowl. Store in an airtight container in refrigerator up to 5 days.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:2.02, Inflammation Score:-1, Nutrition Score:0.95782609753635%

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 29.95kcal (1.5%), Fat: 0.93g (1.43%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 4.82g (1.75%), Sugar: 4.67g (5.19%), Cholesterol: 3.18mg (1.06%), Sodium: 11.55mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Calcium: 34.39mg (3.44%), Phosphorus: 26.29mg (2.63%), Vitamin B2: 0.04mg (2.18%), Vitamin C: 1.31mg (1.58%), Vitamin B12: 0.09µg (1.51%), Potassium: 45.41mg (1.3%), Manganese: 0.02mg (1.24%), Zinc: 0.18mg (1.19%), Magnesium: 4.24mg (1.06%), Vitamin B5: 0.1mg (1.03%)