



Yogurt Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



31 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons apples diced finely
- ☐ 1 teaspoon apple cider vinegar
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup greek yogurt plain
- ☐ 2 tablespoons onion diced red finely

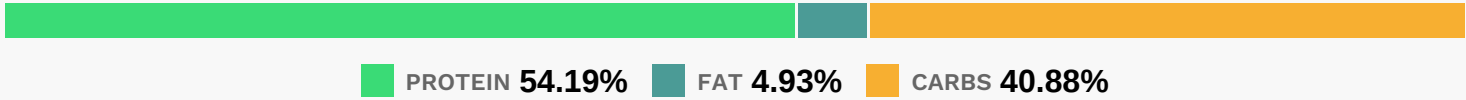
Equipment

- ☐ whisk

Directions

- ☐ Whisk together yogurt and vinegar until blended.
- ☐ Whisk in apple, onion, chives, and lime juice.

Nutrition Facts



Properties

Glycemic Index:28.8, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:2.0547826076331%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 30.97kcal (1.55%), Fat: 0.17g (0.26%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.94g (1.07%), Sugar: 2.21g (2.45%), Cholesterol: 2mg (0.67%), Sodium: 14.81mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.45%), Vitamin B2: 0.12mg (6.86%), Phosphorus: 57.48mg (5.75%), Selenium: 3.99µg (5.7%), Calcium: 47.14mg (4.71%), Vitamin B12: 0.28µg (4.67%), Vitamin C: 2.72mg (3.29%), Potassium: 78.09mg (2.23%), Vitamin B6: 0.04mg (1.8%), Zinc: 0.23mg (1.53%), Vitamin B5: 0.15mg (1.5%), Magnesium: 5.88mg (1.47%), Vitamin K: 1.46µg (1.39%), Folate: 4.97µg (1.24%)