

Yogurt-Tahini Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup yogurt plain low-fat
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons tahini (sesame-seed paste)

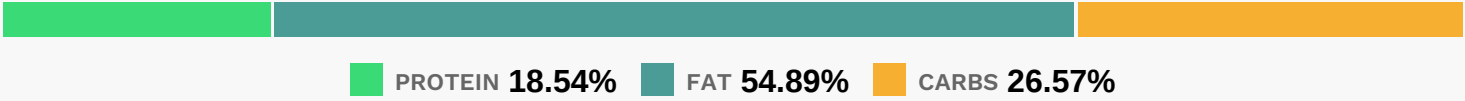
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a large bowl; cover and refrigerate 30 minutes.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.5673912988733%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 27.08kcal (1.35%), Fat: 1.74g (2.67%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.13g (1.25%), Cholesterol: 0.92mg (0.31%), Sodium: 84.57mg (3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Phosphorus: 44.85mg (4.49%), Vitamin K: 4.13µg (3.94%), Vitamin B1: 0.05mg (3.5%), Calcium: 32.83mg (3.28%), Copper: 0.05mg (2.43%), Vitamin B2: 0.04mg (2.17%), Selenium: 1.5µg (2.15%), Zinc: 0.27mg (1.81%), Vitamin C: 1.36mg (1.65%), Potassium: 52.82mg (1.51%), Vitamin B12: 0.09µg (1.43%), Magnesium: 5.56mg (1.39%), Folate: 5.2µg (1.3%)