



Zaatar Yogurt Dip and Vegetables



Vegetarian



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups broccoli florets
- ☐ 2 cups carrots
- ☐ 2 cups cucumber spears
- ☐ 8 ounces greek yogurt
- ☐ 4 servings water
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 2 cups lettuce leaves

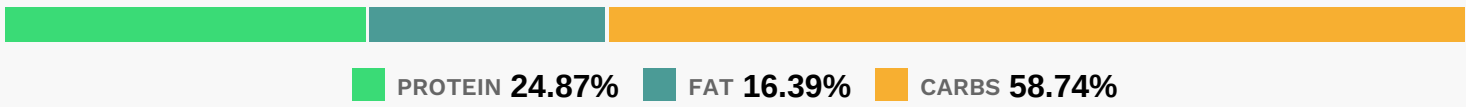
- ☐ 2 cups bell peppers red sliced
- ☐ 2 cups bell peppers yellow sliced
- ☐ 2 tablespoons za'atar

Equipment

Directions

- ☐ Mix together yogurt, zaatar, and lemon zest and juice (if you like it thinner, add 2 tbsp. water). Chill at least 2 hours or overnight to develop flavor.
- ☐ Serve with vegetables and hummus.
- ☐ *Find in the spice aisle of well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:4.25, Inflammation Score:-10, Nutrition Score:32.805652348892%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 1.65mg, Luteolin: 1.65mg, Luteolin: 1.65mg, Luteolin: 1.65mg Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 195.04kcal (9.75%), Fat: 3.87g (5.95%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 21.73g (7.9%), Sugar: 11.08g (12.31%), Cholesterol: 2.84mg (0.94%), Sodium: 225.86mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.41%), Vitamin A: 22350.91IU (447.02%), Vitamin C: 304.24mg (368.77%), Vitamin K: 97.59µg (92.94%), Manganese: 1.14mg (57.02%), Folate: 182.36µg (45.59%), Vitamin B6: 0.77mg (38.49%), Fiber: 9.45g (37.79%), Potassium: 1149.97mg (32.86%), Iron: 5.61mg (31.16%), Vitamin B2: 0.49mg (29.07%), Phosphorus: 268.84mg (26.88%), Vitamin B1: 0.35mg (23.3%), Magnesium: 89.44mg (22.36%), Calcium: 221.42mg (22.14%), Copper: 0.37mg (18.35%), Vitamin E: 2.49mg (16.63%), Vitamin B3: 3.2mg (16%), Zinc: 1.94mg (12.97%), Selenium: 8.72µg (12.46%), Vitamin B5: 1.19mg (11.91%), Vitamin B12: 0.4µg (6.61%)