



CREAMY YOGURT SALAD DRESSING

Very nice creamy dressing that you can accommodate and flavor with many different spices you like

 5 minutes 5 minutes 1 portion

INGREDIENTS

- 40 grams of yogurt, Greek, plain, nonfat
- 10 grams of mustard, prepared, yellow
- 1 tbsp of vinegar, balsamic (16 g)
- 2 grams of salt, table
- 2 grams of cayenne pepper
- 1 tablespoon of oil, olive, salad or cooking (14 g)

COOKING METHOD

- 1° Mix all ingredients together

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (84 g)	% DRI
ENERGY	204 kcal	171 kcal	9 %
FAT	17 g	14 g	22 %
FATTY ACIDS, TOTAL SATURATED	2 g	2 g	10 %
CHOLESTEROL	2 mg	2 mg	1 %
SODIUM	1083 mg	905 mg	38 %
CARBOHYDRATE	6 g	5 g	2 %
SUGARS	5 g	4 g	—
FIBER	1 g	1 g	4 %
PROTEIN	6 g	5 g	—