GLOBAL · SAUCE

# Creamy Greek Yoghurt Herb Dressing

5 min · Makes 4 × 2 tbsp · 57 kcal a portion · Video 5:28 · Green Healthy Cooking

Vegetarian · Gluten-free ingredients · No nuts listed

A creamy dressing with under 1 g of net carbs a portion, so it suits keto; yoghurt and water lighten the mayonnaise, and it's a handy way to use up fresh herbs.

**Diet notes:** Keto (0.5 g net carbs a serve).

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## Ingredients 7 · MAKES 4 × 2 TBSP

- [ ] 2 tbsp **mayonnaise** (homemade if you have it)
- [ ] 2 tbsp **plain unsweetened Greek yoghurt**
- [ ] 1 tsp **Dijon mustard**
- [ ] **sea salt** to taste (about ⅛ tsp)
- [ ] **black pepper** to taste (a pinch)
- [ ] 2 tbsp **water**
- [ ] ¼ cup chopped **fresh herbs** (basil, parsley, coriander, dill or a mix)

**Allergens found in the listed ingredients:** Egg, Milk, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Finely chop a mix of soft fresh herbs, such as basil, parsley, coriander and dill.
2. Put the mayonnaise, Greek yoghurt, Dijon, salt, pepper and water into a jar with a lid. 2:57
3. Add the chopped herbs, seal the jar and shake until smooth and evenly green-flecked. 3:14
4. Taste, adjust the salt and pepper, and pour over a green salad. 3:32

> **Tip** You can use all yoghurt and no mayonnaise; it is then tangier, so the cook suggests a touch of honey. Any soft herb works, alone or mixed.

The method is a summary in our words — the video shows every step.

## One portion (2 tbsp) gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 57 kcal | 0.9 g | 0.6 g | 0.2 g | 5.7 g | 140 mg |
| 240 kJ | 2% of a day | 0.5 g net · 0.4 g sugars | 1% of a day | 1.1 g saturated | 6% of a day |
| | | 0% of a day | | 7% of a day | |

**Energy from** net carbs 4% · protein 6% · fat 90% — fits keto: 0.5 g net carbs, 90% of the energy from fat

**High in** (20%+ of a day) Vitamin K 50% · Omega-3 31%

**Recipe and video:** Green Healthy Cooking (@Greenhealthycooking) on YouTube — youtube.com/watch?v=wSnDpxMRf48, published 30 August 2021. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/greek-yoghurt-herb-dressing