



Cilantro Lime Yogurt Sauce

Great on tacos, as a sandwich spread, or dip for fresh veggies!

U.S.

1/2 cup	Yogurt, Low Fat, plain
1 medium	Lime, juiced and zested
1/4 cup	Cilantro, fresh, finely chopped
1 tsp	Honey

Metric

115 g
1 medium
55 g
7.0 g

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in a small bowl and stir until well mixed.

Nutrition Facts

Serving size	1 oz
Servings	8
Calories	15
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Carbohydrates	3 g
Dietary Fiber	0 g
Sugars	2 g
Protein	1 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	4 %
Iron	0 %
Phosphorus	0 mg

Nutrition Facts

8 Servings

Serving size **1 ounce**

Amount per serving

Calories **15**

Calories from Fat 0

Total Fat 0 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 10 mg

Total Carbohydrate 3 g

 Dietary Fiber 0 g

 Total Sugars 2 g

 Includes 0.5g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 45 mg

Phosphorus 2 mg