



## Lemon Yogurt Dressing

A light, lemony dressing that's perfect for a summer salad!

### U.S.

1 cup	Plain, low-fat yogurt
1 clove	Garlic, roughly chopped
1 each	Lemon, juiced
1/2 teaspoon	Kosher Salt
To taste	Black pepper
1/2 cup	Olive Oil
2 teaspoons	Honey

### Metric

240 mL
1 clove
1 each
3 g
To taste
120 mL
10 mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. Place everything in a blender and blend until smooth.

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## Nutrition Facts

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12 Servings

**Serving size**                      **2 tablespoons**

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**Amount per serving**

**Calories**                              **100**

Calories from Fat                      80

**Total Fat**                              9 g

    Saturated Fat                      1.5 g

    Trans Fat                              0 g

    Monounsaturated Fat              7 g

**Cholesterol**                          0 mg

**Sodium**                                  95 mg

**Total Carbohydrate**              3 g

    Dietary Fiber                      0 g

    Total Sugars                        2 g

        Includes 1g Added Sugars

**Protein**                                  1 g

Vitamin D                                0 %

Calcium                                    4 %

Iron                                         0 %

Potassium                                6 mg

Phosphorus                               1 mg

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