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 · Nut-free

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**
- [ ] 10 g chopped **fresh herbs** (basil, parsley, coriander, dill or a mix)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

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 240 kJ	0.9 g 2% of a day	0.6 g 0.5 g net · 0.4 g sugars 0% of a day	0.2 g 1% of a day	5.7 g 1.1 g saturated 7% of a day	140 mg 6% 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 unit conversions, 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