

# GREEK YOGURT DIP

Yield: 4 min  
Total Time: 250 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-caviar-dip-recipe>

## Ingredients:

- 2 cups non fat Greek yogurt plain
- 3 tablespoons minced fresh parsley finely
- 1 tablespoon fresh dill minced
- 4 teaspoons apple cider vinegar
- 1 1/2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon sea salt plus more to taste
- ground black pepper uncheckedFreshly, to taste

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Protein: 8 grams
5. Sodium: 690 milligrams
6. Sugar: 10 grams

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