

# Garlic Yogurt Sauce

Yield: 24 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-garlic-yogurt-sauce-recipe>

## Ingredients:

- 2 cups yogurt Whole Plain Thick
- 6 cloves garlic smashed
- 2 teaspoons dried mint
- 2 teaspoons dried dill
- salt to taste
- 1 lemon
- 1/2 cup ice water

## Nutrition:

1. Calories: 10 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 5 milligrams
4. Protein: 1 grams
5. Sodium: 40 milligrams
6. Sugar: 1 grams

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