

🥗 Greek Yogurt Salad Dressing (1 recipe)

Makes about 34g (just over 2 Tbsp)

Ingredient	Amount	Calories
Plain Greek yogurt	30 g	~23 kcal
Balsamic vinegar	4 g	~4 kcal
Dijon mustard	½ tsp (~2.5 g)	~4 kcal
Salt (pinch)	—	0 kcal
Pepper (2-3 grinds)	—	0 kcal

✅ Total per ~34g serving:

- **Calories:** ~31 kcal
- **Protein:** ~2.9 g
- **Fat:** ~0.1 g
- **Carbs:** ~3.0 g
- **Sugars:** ~2.5 g
- **Sodium:** ~120 mg (mostly from mustard)