



Chunky Cucumber-Mint Sauce



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



24 kcal

SAUCE

Ingredients

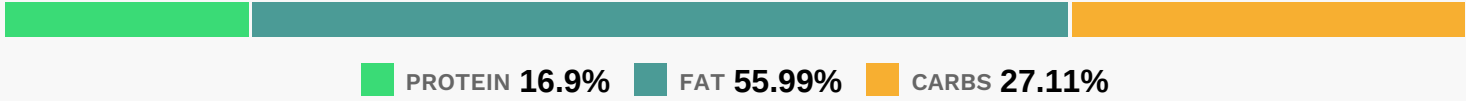
- ☐ 1 small cucumber peeled seeded chopped
- ☐ 4 teaspoons mint leaves fresh chopped
- ☐ 1 cup yogurt plain
- ☐ 10 servings salt and pepper to taste
- ☐ 3 tablespoons cup heavy whipping cream sour

Equipment

Directions

☐ Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:1.1417391371468%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 24kcal (1.2%), Fat: 1.52g (2.34%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.54g (0.56%), Sugar: 1.48g (1.65%), Cholesterol: 5.31mg (1.77%), Sodium: 206.5mg (8.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Calcium: 35.71mg (3.57%), Phosphorus: 29.36mg (2.94%), Vitamin B2: 0.04mg (2.64%), Potassium: 64.23mg (1.84%), Vitamin B12: 0.1µg (1.64%), Vitamin B5: 0.15mg (1.45%), Magnesium: 5.23mg (1.31%), Zinc: 0.18mg (1.23%), Vitamin A: 59.76IU (1.2%), Vitamin K: 1.24µg (1.18%), Folate: 4.19µg (1.05%)