

Classic Tzatziki



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cucumber grated peeled seeded
- ☐ 1 cup yogurt plain fat-free
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt

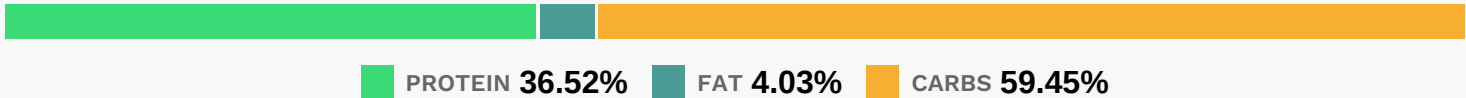
Equipment

☐ paper towels

Directions

- ☐ Place cucumber on several layers of paper towels; sprinkle with 1/8 teaspoon salt.
- ☐ Let stand 30 minutes.
- ☐ Combine cucumber, yogurt, and remaining ingredients, stirring until well blended. Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:4.29, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.1213043473823%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 11.99kcal (0.6%), Fat: 0.05g (0.08%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.69g (0.61%), Sugar: 1.5g (1.66%), Cholesterol: 0.35mg (0.12%), Sodium: 76.15mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Calcium: 37.91mg (3.79%), Phosphorus: 30.45mg (3.05%), Vitamin B2: 0.04mg (2.64%), Vitamin B12: 0.11µg (1.78%), Potassium: 62.15mg (1.78%), Vitamin B5: 0.14mg (1.4%), Zinc: 0.2mg (1.3%), Magnesium: 4.91mg (1.23%), Vitamin C: 1mg (1.21%), Vitamin B6: 0.02mg (1.01%)