

Cooling Raita



Vegetarian



Gluten Free

READY IN



8 min.

SERVINGS



8

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces cucumber
- ☐ 1.5 cups greek yogurt plain fat-free
- ☐ 1 juice of lemon
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup mint leaves plus more for garnish
- ☐ 0.3 teaspoon pepper fresh

Equipment

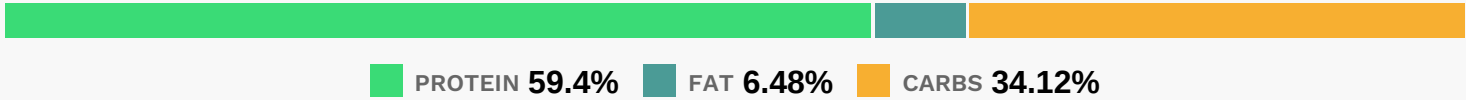
- ☐ bowl

- ☐ plastic wrap
- ☐ grater

Directions

- ☐ Grate cucumber on a large-holed grater. Gather shreds; squeeze out excess water.
- ☐ Transfer cucumber to a medium bowl.
- ☐ Stir in remaining ingredients. The dip can be made up to 6 hours in advance and refrigerated, covered with plastic wrap. Top with torn mint leaves before serving.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.2986956646909%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 27.39kcal (1.37%), Fat: 0.2g (0.3%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.04g (0.74%), Sugar: 1.61g (1.79%), Cholesterol: 1.88mg (0.63%), Sodium: 87.08mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin B2: 0.12mg (6.77%), Phosphorus: 56.89mg (5.69%), Selenium: 3.74µg (5.34%), Calcium: 48.57mg (4.86%), Vitamin B12: 0.26µg (4.37%), Vitamin C: 2.58mg (3.13%), Potassium: 94.5mg (2.7%), Manganese: 0.04mg (2.2%), Magnesium: 8.14mg (2.03%), Folate: 7.97µg (1.99%), Vitamin B6: 0.04mg (1.93%), Vitamin B5: 0.19mg (1.86%), Zinc: 0.25mg (1.69%), Vitamin K: 1.63µg (1.56%), Vitamin A: 77.11IU (1.54%), Copper: 0.03mg (1.38%), Fiber: 0.29g (1.15%), Vitamin B1: 0.02mg (1.13%)