



Creamy Cucumber Dressing

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



22 kcal

SIDE DISH

Ingredients

- 0.5 cucumber peeled finely chopped
- 1 clove garlic minced
- 0.5 teaspoon ground pepper white
- 1 teaspoon juice of lemon fresh
- 1 cup yogurt plain
- 0.5 teaspoon salt

Equipment

- blender

Directions

In a blender, combine the yogurt, cucumber, lemon juice, garlic, salt and pepper. Blend until smooth and refrigerate until chilled.

Nutrition Facts

 **PROTEIN 21.58%**  **FAT 41.3%**  **CARBS 37.12%**

Properties

Glycemic Index:8, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:1.3560869596575%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 22kcal (1.1%), Fat: 1.03g (1.59%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.91g (0.7%), Sugar: 1.71g (1.89%), Cholesterol: 3.98mg (1.33%), Sodium: 159.88mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Calcium: 40.82mg (4.08%), Phosphorus: 33.88mg (3.39%), Vitamin B2: 0.05mg (2.87%), Potassium: 75.24mg (2.15%), Vitamin B12: 0.11µg (1.89%), Vitamin B5: 0.17mg (1.67%), Magnesium: 6.17mg (1.54%), Zinc: 0.22mg (1.46%), Vitamin C: 1.14mg (1.38%), Manganese: 0.03mg (1.35%), Vitamin K: 1.42µg (1.35%), Folate: 4.92µg (1.23%), Vitamin B6: 0.02mg (1.22%), Selenium: 0.75µg (1.07%), Vitamin B1: 0.02mg (1.04%)