



Creamy Israeli Salad with Dill



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



8

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

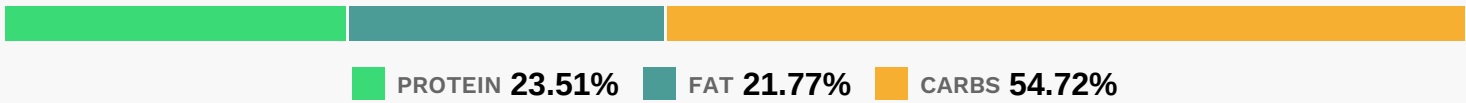
- ☐ 14 oz garbanzo beans drained and rinsed canned (aka garbanzo beans)
- ☐ 1 lb cucumber diced
- ☐ 2 tbsp optional: dill fresh chopped
- ☐ 1 tbsp juice of lemon fresh to taste
- ☐ 0.3 cup cream sour
- ☐ 0.5 cup nonfat greek yogurt plain
- ☐ 0.5 tsp salt to taste
- ☐ 1 lb tomatoes diced red ripe seeded

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Creamy Israeli Salad with Dill
- ☐ Ingredients1 lb Persian cucumbers, diced1 lb ripe red tomatoes, seeded and diced1 can (14 oz) chickpeas (aka garbanzo beans), drained and rinsed1/2 cup lowfat or nonfat plain Greek yogurt1/4 cup lowfat sour cream2 tbsp chopped fresh dill1 tbsp fresh lemon juice, or more to taste1/2 tsp salt, or more to taste
- ☐ Total Time: 15 Minutes
- ☐ Servings: 8 side, 2 main
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:13.54, Glycemic Load:2.52, Inflammation Score:-5, Nutrition Score:7.15999999967477%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 78.52kcal (3.93%), Fat: 1.99g (3.05%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 7.96g (2.89%), Sugar: 2.75g (3.05%), Cholesterol: 3.14mg (1.05%), Sodium: 297.78mg (12.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.65%), Manganese: 0.51mg (25.74%), Vitamin B6: 0.32mg (15.97%), Fiber: 3.27g (13.07%), Vitamin C: 10.51mg (12.74%), Vitamin A: 552.47IU (11.05%), Potassium: 318.49mg (9.1%), Phosphorus: 87.52mg (8.75%), Vitamin K: 8.6µg (8.19%), Folate: 31.04µg (7.76%), Copper: 0.15mg

(7.67%), Magnesium: 28.7mg (7.18%), Calcium: 55.39mg (5.54%), Iron: 0.91mg (5.06%), Vitamin B2: 0.08mg (4.51%), Zinc: 0.64mg (4.26%), Vitamin B1: 0.06mg (4.04%), Vitamin B5: 0.38mg (3.79%), Selenium: 2.51µg (3.59%), Vitamin E: 0.35mg (2.33%), Vitamin B3: 0.46mg (2.28%), Vitamin B12: 0.12µg (1.96%)