



Cucumber and Dill Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

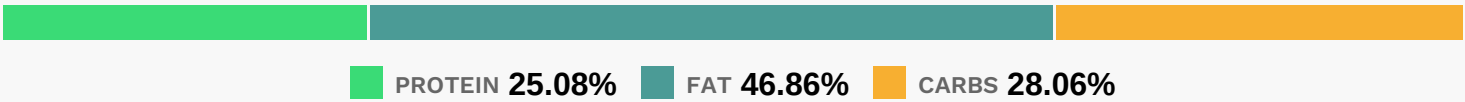
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 servings cucumber sliced
- ☐ 1 cup cucumber english grated
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 1 teaspoon garlic grated
- ☐ 0.5 cup nonfat greek yogurt plain
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cream light sour

Equipment

Directions

- ☐ Combine yogurt, sour cream, grated cucumber, dill, garlic, salt, and pepper.
- ☐ Serve with sliced cucumber.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.3839130492314%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 30.03kcal (1.5%), Fat: 1.59g (2.45%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 2.04g (0.74%), Sugar: 0.68g (0.75%), Cholesterol: 5.66mg (1.89%), Sodium: 89.55mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Calcium: 37.68mg (3.77%), Vitamin B2: 0.06mg (3.4%), Phosphorus: 31.31mg (3.13%), Selenium: 1.78µg (2.54%), Vitamin B12: 0.15µg (2.46%), Vitamin K: 2.38µg (2.27%), Potassium: 72.03mg (2.06%), Vitamin A: 73.97IU (1.48%), Manganese: 0.03mg (1.42%), Magnesium: 4.91mg (1.23%), Zinc: 0.17mg (1.15%), Vitamin B6: 0.02mg (1.08%)