



Cucumber-and-Yogurt Dipping Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large cucumber diced peeled seeded
- ☐ 3 servings garnish: dill sprigs fresh
- ☐ 1 tablespoon teaspoon dill dried fresh
- ☐ 2 to 3 garlic cloves minced
- ☐ 2 teaspoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce yogurt plain

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup onion sweet minced

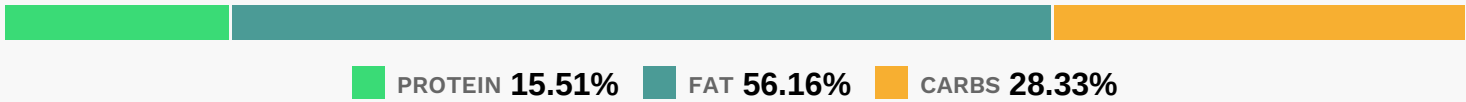
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Line a mesh strainer with a paper coffee filter or paper towel. Spoon yogurt into filter, and place strainer over a bowl. Cover with plastic wrap, and chill 4 hours.
- ☐ Spoon yogurt into a bowl, discarding strained liquid.
- ☐ Stir in diced cucumber and next 7 ingredients. Cover and chill yogurt mixture until ready to serve.
- ☐ Garnish, if desired.
- ☐ Serve with pita chips and fresh vegetables.
- ☐ Note: The sauce may also be served as a spread for tomato or roast beef sandwiches.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:1.75, Inflammation Score:-4, Nutrition Score:7.3217391008916%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.19mg, Myricetin: 0.19mg,

Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 153.18kcal (7.66%), Fat: 9.77g (15.03%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 10.21g (3.71%), Sugar: 9.11g (10.12%), Cholesterol: 19.66mg (6.55%), Sodium: 460.71mg (20.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Calcium: 204.01mg (20.4%), Phosphorus: 170.58mg (17.06%), Vitamin B2: 0.24mg (14.38%), Potassium: 392.67mg (11.22%), Vitamin K: 10.18µg (9.69%), Vitamin B12: 0.56µg (9.32%), Vitamin B5: 0.84mg (8.45%), Magnesium: 31.67mg (7.92%), Vitamin C: 6.49mg (7.87%), Zinc: 1.1mg (7.32%), Manganese: 0.14mg (7.17%), Vitamin B6: 0.14mg (7.03%), Folate: 27.82µg (6.96%), Vitamin B1: 0.08mg (5.56%), Selenium: 3.78µg (5.4%), Vitamin E: 0.8mg (5.34%), Copper: 0.1mg (4.84%), Vitamin A: 236.32IU (4.73%), Fiber: 0.87g (3.49%), Iron: 0.41mg (2.3%), Vitamin D: 0.15µg (1.01%)