



 4%
HEALTH SCORE

Cucumber-Cilantro Raita (Yogurt)

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



116 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon cilantro leaves chopped
- 1 cucumber diced peeled halved lengthwise seeded
- 1 to 2 chilies slit green minced
- 2 cups yogurt plain
- 1 teaspoon salt

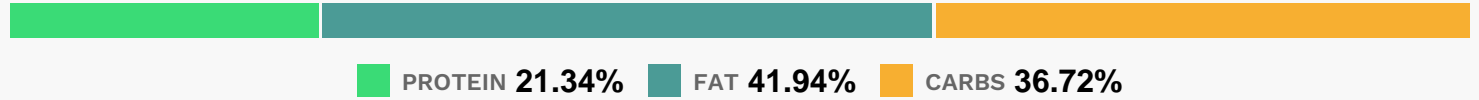
Equipment

- bowl

Directions

- Stir the yogurt, cucumber, chile pepper, cilantro, and salt together in a bowl until evenly mixed. Set aside in refrigerator to allow the flavors to mix for 10 minutes before serving cold.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:1.67, Inflammation Score:-3, Nutrition Score:6.9008696001509%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 115.71kcal (5.79%), Fat: 5.47g (8.41%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 9.58g (3.48%), Sugar: 9.49g (10.55%), Cholesterol: 21.23mg (7.08%), Sodium: 902.3mg (39.23%), Alcohol: 0g (100%), Protein: 6.26g (12.52%), Calcium: 212.2mg (21.22%), Phosphorus: 176.23mg (17.62%), Vitamin B2: 0.26mg (15.13%), Potassium: 390.02mg (11.14%), Vitamin B12: 0.6µg (10.07%), Vitamin B5: 0.88mg (8.76%), Magnesium: 31.65mg (7.91%), Zinc: 1.14mg (7.58%), Vitamin K: 7.94µg (7.56%), Vitamin C: 5.85mg (7.09%), Folate: 25.52µg (6.38%), Selenium: 3.7µg (5.28%), Vitamin B1: 0.08mg (5.23%), Vitamin B6: 0.1mg (5.17%), Vitamin A: 242.7IU (4.85%), Fiber: 1.2g (4.79%), Copper: 0.09mg (4.33%), Manganese: 0.08mg (4.11%), Iron: 0.31mg (1.73%), Vitamin D: 0.16µg (1.09%)