



Cucumber-Dill Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



30 kcal

SAUCE

Ingredients

- ☐ 1 cup cucumber diced peeled seeded
- ☐ 0.3 teaspoon optional: dill dried
- ☐ 1 garlic clove minced
- ☐ 8 ounce carton nonfat yogurt plain

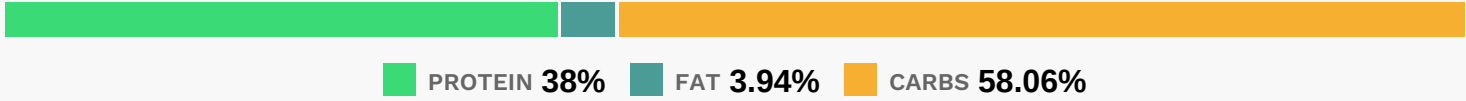
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl; stir well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.6743478203273%

Flavonoids

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: 29.61kcal (1.48%), Fat: 0.13g (0.2%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 4.08g (1.48%), Sugar: 3.86g (4.29%), Cholesterol: 0.91mg (0.3%), Sodium: 35.66mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.61%), Calcium: 95.97mg (9.6%), Phosphorus: 77.99mg (7.8%), Vitamin B2: 0.11mg (6.68%), Vitamin B12: 0.28µg (4.61%), Potassium: 155.9mg (4.45%), Vitamin B5: 0.36mg (3.58%), Zinc: 0.49mg (3.29%), Magnesium: 12.19mg (3.05%), Selenium: 1.74µg (2.49%), Folate: 9.19µg (2.3%), Vitamin B6: 0.05mg (2.3%), Vitamin B1: 0.03mg (2.1%), Vitamin K: 2.02µg (1.92%), Vitamin C: 1.47mg (1.78%), Manganese: 0.03mg (1.68%), Copper: 0.03mg (1.39%)