



## Cucumber Gyro Sauce

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.7 cup cucumber grated peeled
- 0.5 teaspoon optional: dill fresh chopped
- 0.5 teaspoon garlic minced
- 0.3 teaspoon garlic powder
- 0.3 teaspoon mustard prepared
- 1 cup cream sour

### Equipment

# Nutrition Facts

PROTEIN 5.3% FAT 83.39% CARBS 11.31%

## Properties

Glycemic Index:16.17, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:1.594347826087%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 78.59kcal (3.93%), Fat: 7.47g (11.49%), Saturated Fat: 3.87g (24.22%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1.52g (1.69%), Cholesterol: 22.62mg (7.54%), Sodium: 14.59mg (0.63%), Protein: 1.07g (2.14%), Vitamin A: 250.27IU (5.01%), Calcium: 41.49mg (4.15%), Vitamin B2: 0.07mg (4.04%), Phosphorus: 33.37mg (3.34%), Selenium: 1.57µg (2.24%), Potassium: 70.88mg (2.03%), Vitamin B5: 0.17mg (1.67%), Vitamin K: 1.65µg (1.57%), Magnesium: 5.87mg (1.47%), Vitamin B6: 0.03mg (1.43%), Vitamin B12: 0.08µg (1.34%), Folate: 4.46µg (1.12%), Vitamin C: 0.91mg (1.1%), Manganese: 0.02mg (1.07%), Zinc: 0.16mg (1.06%), Vitamin E: 0.15mg (1.01%)