



Cucumber Mint Raita



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large cucumbers grated peeled seeded cut in half lengthwise and , then (medium)
- ☐ 475 ml milk yogurt plain whole
- ☐ 10 large mint leaves (can sub cilantro)
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pinch cayenne
- ☐ 1 pinch paprika
- ☐ 10 servings salt and pepper

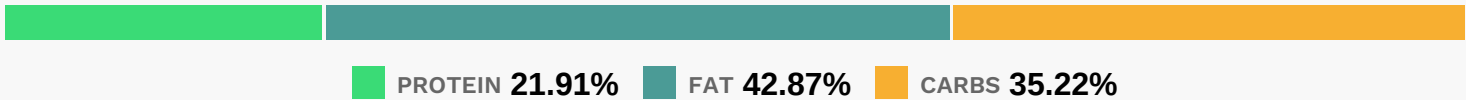
Equipment

- ☐ bowl
- ☐ sieve
- ☐ kitchen towels

Directions

- ☐ Place grated cucumber in a sieve and press with the back of a spoon to squeeze out as much moisture as you can. Alternatively, you can place the grated cucumber in the middle of a clean tea towel, wrap the towel around the cucumber and wring out the excess moisture.
- ☐ Stir spices and mint into yogurt in a medium bowl. Stir in the grated cucumber. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:2.2095651937568%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 34.5kcal (1.73%), Fat: 1.68g (2.58%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.81g (1.02%), Sugar: 2.68g (2.98%), Cholesterol: 6.39mg (2.13%), Sodium: 217.46mg (9.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Calcium: 66.96mg (6.7%), Phosphorus: 53.9mg (5.39%), Vitamin B2: 0.08mg (4.71%), Potassium: 122.27mg (3.49%), Vitamin B12: 0.18µg (3.03%), Vitamin B5: 0.26mg (2.62%), Magnesium: 10.47mg (2.62%), Vitamin A: 121.69IU (2.43%), Zinc: 0.35mg (2.37%), Folate: 8.53µg (2.13%), Vitamin K: 2.14µg (2.03%), Manganese: 0.04mg (1.92%), Vitamin C: 1.48mg (1.79%), Vitamin B1: 0.02mg (1.63%), Vitamin B6: 0.03mg (1.61%), Selenium: 1.12µg (1.6%), Copper: 0.03mg (1.44%), Fiber: 0.29g (1.17%), Iron: 0.21mg (1.15%)