



## Cucumber Raita

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



3

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 house cucumber hot peeled seeded thinly sliced
- 2 tablespoons mint leaves fresh chopped
- 2 cups greek yogurt
- 0.3 teaspoon kosher salt
- 3 tablespoons juice of lemon
- 0.5 teaspoon sugar white

### Equipment

- bowl

## Directions

- Stir together the cucumber, yogurt, lemon juice, mint, sugar, and salt in a bowl. Cover and refrigerate at least 3 hours, preferably overnight.

## Nutrition Facts

**PROTEIN 53.05%** **FAT 6.98%** **CARBS 39.97%**

## Properties

Glycemic Index:28.36, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:10.376521820607%

## Flavonoids

Eriodictyol: 1.76mg, Eriodictyol: 1.76mg, Eriodictyol: 1.76mg, Eriodictyol: 1.76mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 113.53kcal (5.68%), Fat: 0.88g (1.36%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 9.66g (3.51%), Sugar: 8.16g (9.07%), Cholesterol: 6.67mg (2.22%), Sodium: 246.98mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.09g (30.18%), Vitamin B2: 0.44mg (25.64%), Phosphorus: 226.97mg (22.7%), Selenium: 13.42µg (19.17%), Calcium: 185.13mg (18.51%), Vitamin C: 13.27mg (16.08%), Vitamin B12: 0.93µg (15.56%), Potassium: 494.47mg (14.13%), Vitamin K: 14.4µg (13.71%), Folate: 44.13µg (11.03%), Magnesium: 42.24mg (10.56%), Manganese: 0.2mg (9.98%), Vitamin B6: 0.2mg (9.93%), Vitamin B5: 0.95mg (9.52%), Copper: 0.18mg (8.91%), Zinc: 1.09mg (7.28%), Fiber: 1.71g (6.85%), Vitamin B1: 0.1mg (6.51%), Vitamin A: 291.83IU (5.84%), Iron: 0.72mg (3.98%), Vitamin B3: 0.43mg (2.13%)