



Cucumber Raita

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cucumber english roughly chopped
- 1 teaspoon ground cumin
- 1 juice of lemon
- 2 teaspoons kosher salt
- 2 cups natural yogurt plain unsweetened
- 4 turns pepper black freshly ground
- 0.5 chile red deseeded roughly chopped

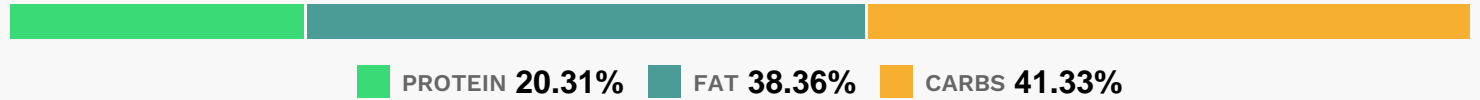
Equipment

food processor

Directions

Combine ingredients in a food processor and pulse 3 times to just chop up the cucumber. The raita should be nice and creamy from the yogurt but still have texture from the cucumber.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:0.7, Inflammation Score:-2, Nutrition Score:3.5126087263874%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 47.13kcal (2.36%), Fat: 2.13g (3.27%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.76g (1.73%), Sugar: 3.73g (4.15%), Cholesterol: 7.96mg (2.65%), Sodium: 611.11mg (26.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Calcium: 85.63mg (8.56%), Vitamin C: 6.87mg (8.33%), Vitamin K: 7.5µg (7.14%), Phosphorus: 70.73mg (7.07%), Vitamin B2: 0.1mg (6.12%), Manganese: 0.11mg (5.57%), Potassium: 174.22mg (4.98%), Vitamin B12: 0.23µg (3.78%), Magnesium: 14.88mg (3.72%), Vitamin B5: 0.35mg (3.53%), Zinc: 0.47mg (3.1%), Vitamin A: 132.92IU (2.66%), Vitamin B6: 0.05mg (2.65%), Vitamin B1: 0.03mg (2.19%), Selenium: 1.52µg (2.17%), Iron: 0.39mg (2.15%), Folate: 8.42µg (2.1%), Copper: 0.03mg (1.72%), Fiber: 0.39g (1.57%)