



Cucumber Raita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

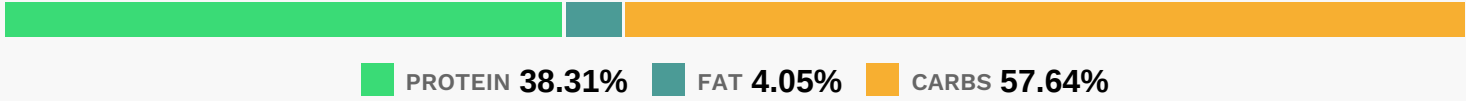
- ☐ 0.5 cup cucumber english grated drained
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 dash hot sauce
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 cup nonfat yogurt
- ☐ 0.3 teaspoon pepper freshly ground

Equipment

Directions

☐ Combine all ingredients, stirring until blended. Chill up to 6 hours.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.4860869631495%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 28.5kcal (1.42%), Fat: 0.13g (0.2%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 4.03g (1.47%), Sugar: 3.75g (4.17%), Cholesterol: 0.92mg (0.31%), Sodium: 181.89mg (7.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Calcium: 95.43mg (9.54%), Phosphorus: 76.1mg (7.61%), Vitamin B2: 0.11mg (6.62%), Vitamin B12: 0.28µg (4.67%), Potassium: 140.5mg (4.01%), Vitamin B5: 0.33mg (3.3%), Zinc: 0.48mg (3.2%), Magnesium: 11.13mg (2.78%), Selenium: 1.71µg (2.44%), Vitamin K: 2.44µg (2.32%), Vitamin B1: 0.03mg (1.77%), Manganese: 0.03mg (1.68%), Folate: 6.51µg (1.63%), Vitamin B6: 0.03mg (1.53%)