



Cucumber Raita



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 1 cucumber english chopped quartered
- ☐ 1 juice of lime
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons mint leaves chopped
- ☐ 2 cups whole-milk greek yogurt

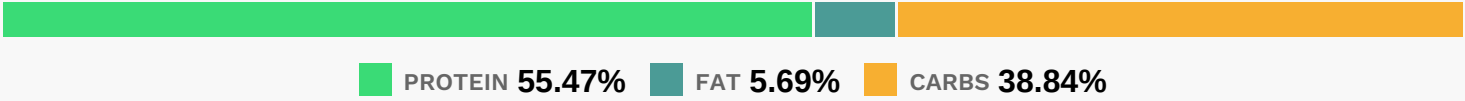
Equipment

Directions

☐

Combine the yogurt, herbs, cucumber, lime zest and juice. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.3700000002332%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 38.66kcal (1.93%), Fat: 0.25g (0.39%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.33g (2.59%), Cholesterol: 2.5mg (0.83%), Sodium: 19.5mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Vitamin B2: 0.16mg (9.34%), Phosphorus: 79.12mg (7.91%), Selenium: 5.07µg (7.25%), Calcium: 67.12mg (6.71%), Vitamin K: 6.8µg (6.48%), Vitamin B12: 0.35µg (5.83%), Potassium: 142.79mg (4.08%), Manganese: 0.07mg (3.51%), Vitamin C: 2.81mg (3.41%), Magnesium: 12.39mg (3.1%), Vitamin B5: 0.28mg (2.76%), Vitamin A: 133.57IU (2.67%), Vitamin B6: 0.05mg (2.57%), Zinc: 0.37mg (2.44%), Folate: 8.75µg (2.19%), Copper: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.59%), Fiber: 0.38g (1.53%), Iron: 0.25mg (1.39%)