



## Cucumber Raita

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 small cucumber
- 1 teaspoon cumin seed
- 0.3 teaspoon paprika
- 0.5 cup yogurt plain
- 0.3 teaspoon salt

### Equipment

- frying pan
- rolling pin

mortar and pestle

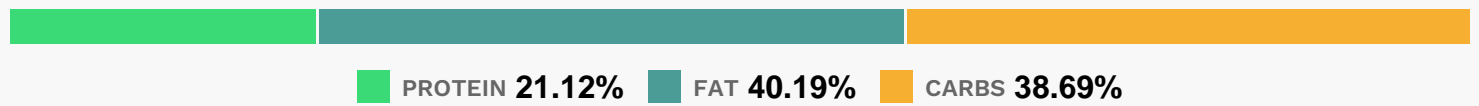
## Directions

Peel cucumber and cut lengthways in half. Slice each half finely.2

Heat a small pan over a low heat and toast cumin seeds until they darken a little and smell fragrant. Allow them to cool, then crush with a rolling pin or pestle and mortar.3 Beat the yoghurt until smooth, then stir in the cumin and salt.4

Add the cucumber to the yoghurt, then transfer to a serving dish and garnish with cucumber slices and paprika.

## Nutrition Facts



## Properties

Glycemic Index:13.5, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:2.040000019514%

## Nutrients (% of daily need)

Calories: 25.65kcal (1.28%), Fat: 1.19g (1.82%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.2g (0.8%), Sugar: 2g (2.22%), Cholesterol: 3.98mg (1.33%), Sodium: 161.15mg (7.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Calcium: 47.62mg (4.76%), Phosphorus: 40.28mg (4.03%), Vitamin B2: 0.06mg (3.33%), Potassium: 113.01mg (3.23%), Vitamin K: 3.03µg (2.89%), Magnesium: 10.47mg (2.62%), Iron: 0.46mg (2.56%), Vitamin A: 126.68IU (2.53%), Manganese: 0.05mg (2.45%), Vitamin B5: 0.22mg (2.17%), Folate: 7.78µg (1.95%), Vitamin B12: 0.11µg (1.89%), Zinc: 0.28mg (1.85%), Copper: 0.04mg (1.81%), Vitamin C: 1.46mg (1.77%), Vitamin B6: 0.03mg (1.74%), Vitamin B1: 0.02mg (1.65%), Fiber: 0.37g (1.49%), Selenium: 0.75µg (1.07%)