




 **10%**  
HEALTH SCORE

# Cucumber, Tomato, and Onion Yogurt Salad


 Vegetarian  Gluten Free

READY IN




**375 min.**

SERVINGS



**3**

CALORIES



**264 kcal**

**SIDE DISH** **ANTIPASTI** **STARTER** **SNACK**

## Ingredients

- 1 teaspoon mustard seeds shopping list black
- 1 teaspoon cumin seeds
- 1 cucumber english peeled seeded cut into 1/2-inch cubes
- 1 tablespoon cilantro leaves fresh finely chopped
- 1 onion finely chopped
- 2 plum tomatoes seeded cut into 1/2-inch cubes
- 2 cups yogurt plain
- 2 cups yogurt plain

- 1 teaspoon skinned urad dal split
- 1 teaspoon skinned urad dal split
- 2 teaspoons vegetable oil

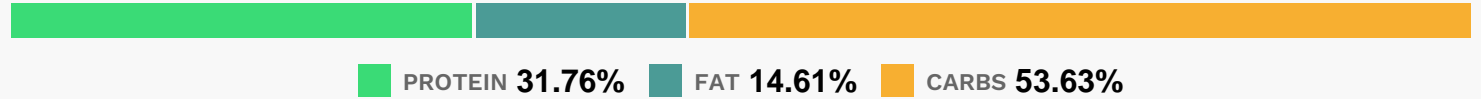
## Equipment

- frying pan

## Directions

- Stir together cucumber, tomatoes, onion, and yogurt.
- Heat oil in a small heavy skillet over moderate heat until hot but not smoking, then cook mustard seeds, cumin, and urad dal, stirring, until mustard seeds begin to pop.
- Pour oil mixture over vegetables and stir until combined. Stir in cilantro and salt to taste.
- \*Dals are dried legumes.
- You can make pachadi 6 hours ahead and chill, covered.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:1.19, Inflammation Score:-6, Nutrition Score:20.651739130435%

## Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

## Nutrients (% of daily need)

Calories: 264.16kcal (13.21%), Fat: 4.36g (6.7%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 33.5g (12.18%), Sugar: 29.48g (32.76%), Cholesterol: 6.53mg (2.18%), Sodium: 258.58mg (11.24%), Protein: 21.31g (42.61%), Calcium: 689.56mg (68.96%), Phosphorus: 569.09mg (56.91%), Vitamin B2: 0.82mg (48.24%), Vitamin B12: 1.99µg (33.21%), Potassium: 1151.49mg (32.9%), Vitamin K: 26.49µg (25.22%), Vitamin B5: 2.44mg (24.44%), Zinc: 3.59mg (23.96%), Magnesium: 89.45mg (22.36%), Selenium: 14.36µg (20.51%), Vitamin C:

14.41mg (17.47%), Folate: 61.14µg (15.28%), Vitamin B1: 0.23mg (15.22%), Vitamin B6: 0.3mg (14.86%), Manganese: 0.24mg (11.85%), Fiber: 2.47g (9.89%), Vitamin A: 490.85IU (9.82%), Iron: 1.55mg (8.6%), Copper: 0.14mg (7.06%), Vitamin B3: 0.87mg (4.35%), Vitamin E: 0.58mg (3.88%)