



Cucumber, Tomato, and Onion Yogurt Salad

 Vegetarian  Gluten Free

READY IN



375 min.

SERVINGS



3

CALORIES



168 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon mustard seeds 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 whole-milk yogurt plain
- ☐ 1 teaspoon picked-over skinned urad dal split

☐ 2 teaspoons vegetable oil

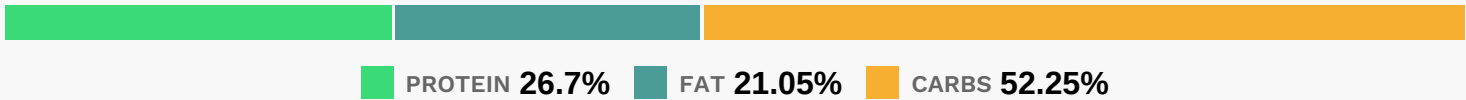
Equipment

☐ 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:13.315652111302%

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: 167.7kcal (8.38%), Fat: 4.05g (6.23%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 20.47g (7.44%), Sugar: 16.94g (18.82%), Cholesterol: 3.27mg (1.09%), Sodium: 132.71mg (5.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.11%), Calcium: 363.54mg (36.35%), Phosphorus: 312.66mg (31.27%), Vitamin B2: 0.44mg (25.76%), Vitamin K: 26.16µg (24.91%), Potassium: 734.99mg (21%), Vitamin B12: 1µg (16.61%), Vitamin C: 12.87mg (15.6%), Magnesium: 58.42mg (14.61%), Vitamin B5: 1.4mg (13.97%), Zinc: 2.01mg (13.4%), Selenium: 8.48µg (12.11%), Manganese: 0.23mg (11.44%), Vitamin B6: 0.21mg (10.54%), Folate: 41.54µg (10.38%), Vitamin B1: 0.15mg (9.99%), Vitamin A: 479.33IU (9.59%), Fiber: 2.14g (8.57%), Iron: 1.28mg (7.1%), Copper: 0.12mg (5.84%), Vitamin E: 0.58mg (3.88%), Vitamin B3: 0.67mg (3.34%)