



Cucumber-Tomato Raita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cucumber dry grated seeded 1 small
- ☐ 2 tablespoons mint leaves fresh minced
- ☐ 0.8 teaspoon ground cumin
- ☐ 1.5 cups yogurt plain low-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes seeded chopped 1 medium

Equipment

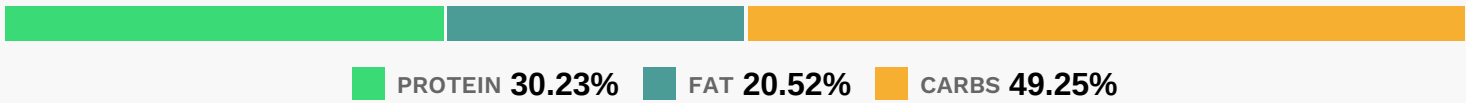
- ☐ bowl

- ☐ paper towels
- ☐ sieve
- ☐ spatula

Directions

☐ Spoon yogurt into a wire mesh strainer lined with several layers of heavy-duty paper towels. Cover with additional paper towels; let stand 10 minutes. Scrape drained yogurt into a bowl using a rubber spatula. Stir in tomato and remaining ingredients. Cover and refrigerate 1 hour. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:1.21, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.51478260237238%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 5.81kcal (0.29%), Fat: 0.14g (0.21%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.64g (0.71%), Cholesterol: 0.46mg (0.15%), Sodium: 17.77mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Calcium: 15.32mg (1.53%), Phosphorus: 12.37mg (1.24%), Vitamin B2: 0.02mg (1.06%)