



Cucumber-Walnut Raita

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup cucumber seeded sliced quartered (from 1 Kirby)
- 1 teaspoon cumin seeds
- 1 garlic clove minced
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 cup greek yogurt plain 2% reduced-fat ()

0.3 cup walnut pieces divided finely chopped

Equipment

frying pan

Directions

In a small skillet, heat oil over medium heat; add cumin and garlic. Cook, stirring, for 1 minute until toasted and fragrant; set cumin oil aside to cool completely.

Stir together cucumber, 1/4 cup walnuts, lemon juice, yogurt, salt, and pepper. Stir in cumin oil and top with additional 2 tablespoons walnuts.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:3.1508695690528%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 76.93kcal (3.85%), Fat: 5.74g (8.83%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.45g (1.61%), Cholesterol: 1.67mg (0.56%), Sodium: 206.84mg (8.99%), Alcohol: 0g (100%), Protein: 4.35g (8.7%), Manganese: 0.21mg (10.42%), Phosphorus: 67.29mg (6.73%), Vitamin B2: 0.11mg (6.23%), Selenium: 3.65µg (5.21%), Copper: 0.1mg (4.85%), Calcium: 48mg (4.8%), Vitamin B12: 0.23µg (3.89%), Magnesium: 14.34mg (3.59%), Vitamin B6: 0.06mg (3.11%), Potassium: 95.28mg (2.72%), Vitamin E: 0.39mg (2.62%), Zinc: 0.37mg (2.47%), Iron: 0.44mg (2.47%), Vitamin K: 2.5µg (2.38%), Folate: 9.23µg (2.31%), Vitamin B1: 0.03mg (2.08%), Fiber: 0.48g (1.91%), Vitamin C: 1.57mg (1.9%), Vitamin B5: 0.17mg (1.72%)