



Cucumber Yogurt Salad (Tzatziki)



Vegetarian



Gluten Free



Popular

READY IN



5 min.

SERVINGS



4

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 cucumbers peeled sliced quartered



1 cup yogurt plain



1 teaspoon a couple of teaspoons of dill dried fresh



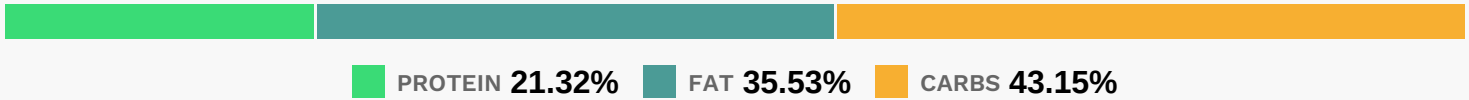
4 servings sprinkling of salt and pepper

Equipment

Directions

- ☐
- First taste the cucumbers to make sure that they are not bitter. Depending on the variety of cucumber you are using, and many other factors, you may find a cucumber that is distinctly bitter in taste. If this happens, soak the cucumber slices in salted water for half an hour, or longer, until the bitterness is reduced, then rinse and drain before using.
- ☐
- To make the salad, simply gently mix together the ingredients. Salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:4.8317391133827%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 55.37kcal (2.77%), Fat: 2.23g (3.43%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.05g (1.83%), Sugar: 4.92g (5.47%), Cholesterol: 7.96mg (2.65%), Sodium: 224.98mg (9.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin K: 10.92µg (10.4%), Calcium: 95.28mg (9.53%), Phosphorus: 89.7mg (8.97%), Potassium: 299.16mg (8.55%), Vitamin B2: 0.12mg (7.33%), Magnesium: 25.37mg (6.34%), Folate: 25.33µg (6.33%), Vitamin C: 5.13mg (6.22%), Vitamin B5: 0.6mg (5.98%), Manganese: 0.11mg (5.64%), Copper: 0.11mg (5.61%), Vitamin B6: 0.1mg (4.81%), Vitamin B1: 0.06mg (4.29%), Fiber: 1.05g (4.2%), Zinc: 0.62mg (4.11%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 170.57IU (3.41%), Selenium: 1.5µg (2.14%), Iron: 0.36mg (2.02%)