



Cucumber Yogurt Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



29 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup cucumber english chopped
- ☐ 1 teaspoon ginger fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 1 cup yogurt plain low-fat
- ☐ 6 servings salt

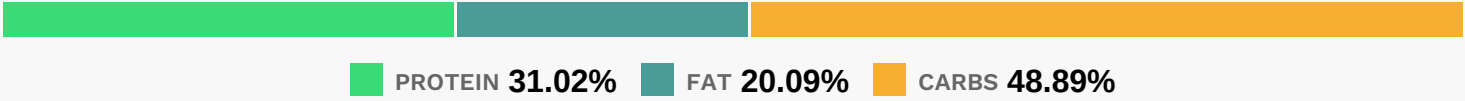
Equipment

- ☐ bowl

Directions

☐ In a small bowl, mix yogurt, cucumber, ginger, garlic, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.0747825966581%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 28.69kcal (1.43%), Fat: 0.65g (1%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 3.49g (1.27%), Sugar: 3.1g (3.45%), Cholesterol: 2.45mg (0.82%), Sodium: 222.76mg (9.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Calcium: 77.88mg (7.79%), Phosphorus: 62.8mg (6.28%), Vitamin B2: 0.09mg (5.43%), Vitamin B12: 0.23µg (3.81%), Potassium: 118.09mg (3.37%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.4mg (2.65%), Magnesium: 8.9mg (2.23%), Vitamin K: 2.22µg (2.12%), Selenium: 1.46µg (2.09%), Vitamin B6: 0.03mg (1.6%), Vitamin B1: 0.02mg (1.5%), Folate: 5.45µg (1.36%), Manganese: 0.02mg (1.08%), Vitamin C: 0.86mg (1.05%)