



Cucumbers with Yogurt and Mint



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 4 cups cucumber peeled seeded sliced (2 large)
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon pepper
- ☐ 1 cup nonfat yogurt plain
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a large bowl; stir well.
- ☐ Add cucumber; toss gently to coat. Cover and chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:6.2743478482184%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg

Nutrients (% of daily need)

Calories: 53.98kcal (2.7%), Fat: 0.42g (0.64%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 7.01g (2.55%), Sugar: 6.55g (7.27%), Cholesterol: 1.23mg (0.41%), Sodium: 342.1mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Calcium: 152.4mg (15.24%), Phosphorus: 128.18mg (12.82%), Vitamin B2: 0.19mg (11.03%), Potassium: 363.77mg (10.39%), Vitamin K: 9.81µg (9.35%), Manganese: 0.16mg (8.07%), Magnesium: 31.63mg (7.91%), Folate: 30.28µg (7.57%), Vitamin C: 6.02mg (7.3%), Vitamin B5: 0.73mg (7.25%), Vitamin B12: 0.37µg (6.23%), Copper: 0.12mg (5.96%), Zinc: 0.88mg (5.84%), Vitamin B6: 0.11mg (5.32%), Vitamin A: 262.86IU (5.26%), Fiber: 1.27g (5.09%), Vitamin B1: 0.08mg (5.02%), Iron: 0.71mg (3.96%), Selenium: 2.35µg (3.36%), Vitamin B3: 0.2mg (1.01%)