



Cumin-Mint Raita Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



47 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons cumin seeds
- ☐ 1 lb cucumber english rinsed
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup mint leaves thinly sliced
- ☐ 0.5 teaspoon pepper
- ☐ 8 ounces radishes rinsed trimmed
- ☐ 8 oz onion red peeled
- ☐ 0.5 teaspoon salt

☐ 1 cup whole-milk yogurt plain

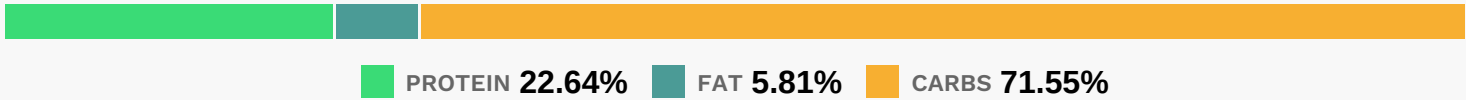
Equipment

☐ bowl

Directions

- ☐ Place slivered onion in a bowl.
- ☐ Add cold water to cover and let stand 10 minutes. Meanwhile, slice radishes.
- ☐ Cut cucumber in half lengthwise, scoop out seeds with a spoon, and thinly slice into crescents.
- ☐ Drain onion.
- ☐ In a large bowl, mix yogurt, lemon juice, cumin seeds, salt, pepper, and all but 2 tablespoons of the mint.
- ☐ Add onion, radishes, and cucumber and mix gently to coat. Cover and chill at least 1 hour or up to 1 day.
- ☐ Just before serving, stir salad again to combine.
- ☐ Sprinkle with remaining 2 tablespoons mint.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.77, Inflammation Score:-4, Nutrition Score:5.1330434939136%

Flavonoids

Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 46.51kcal (2.33%), Fat: 0.33g (0.5%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 9g (3%), Net Carbohydrates: 7.46g (2.71%), Sugar: 5.13g (5.71%), Cholesterol: 0.61mg (0.2%), Sodium: 184.02mg (8%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin C: 10.54mg (12.78%), Calcium: 95.98mg (9.6%), Vitamin K: 10.07µg (9.59%), Potassium: 299.38mg (8.55%), Manganese: 0.17mg (8.45%), Phosphorus: 80.63mg (8.06%), Vitamin B2: 0.12mg (7%), Fiber: 1.54g (6.16%), Folate: 24.15µg (6.04%), Magnesium: 23.38mg (5.85%), Vitamin B6: 0.1mg (5.05%), Iron: 0.83mg (4.63%), Vitamin B5: 0.44mg (4.41%), Zinc: 0.6mg (3.98%), Vitamin A: 190.96IU (3.82%), Vitamin B1: 0.05mg (3.53%), Copper: 0.07mg (3.45%), Vitamin B12: 0.19µg (3.11%), Selenium: 1.62µg (2.32%), Vitamin B3: 0.27mg (1.37%)