



## Curried Cucumber Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.8 cup cucumber diced peeled
- 0.8 teaspoon curry powder
- 0.3 cup yogurt plain fat-free
- 2 tablespoons green onions minced
- 0.3 teaspoon ground cumin
- 1 Dash ground pepper red
- 0.3 cup mayonnaise light
- 0.3 cup radishes finely chopped

- 0.3 teaspoon salt
- 0.3 cup cup heavy whipping cream fat-free sour

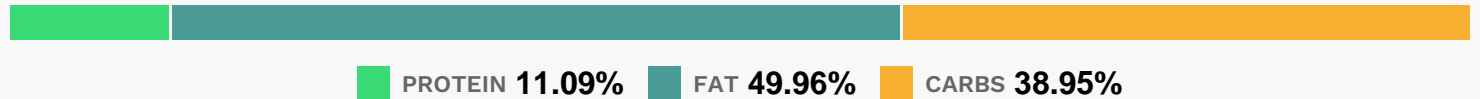
## Equipment

- bowl
- whisk

## Directions

- Combine first 7 ingredients in a medium bowl; stir with a whisk. Stir in cucumber, radishes, and green onions. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:3.78, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.44217391603667%

## Flavonoids

Pelargonidin: 0.57mg, Pelargonidin: 0.57mg, Pelargonidin: 0.57mg, Pelargonidin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 9.62kcal (0.48%), Fat: 0.54g (0.83%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.36g (0.4%), Cholesterol: 0.64mg (0.21%), Sodium: 43.33mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin K: 2.32µg (2.21%)