



Curried Cucumber Dressing

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cucumber peeled seeded finely chopped
- 0.5 teaspoon curry powder
- 0.3 cup milk low-fat
- 0.3 cup nonfat mayonnaise
- 1 cup nonfat yogurt plain
- 0.3 teaspoon salt

Equipment

- bowl

Directions

- Combine all ingredients in a medium bowl, stirring well. Cover and chill at least 1 hour.
- Serve with sliced tomato.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.1491304221361%

Nutrients (% of daily need)

Calories: 44.46kcal (2.22%), Fat: 0.56g (0.86%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 6.19g (2.25%), Sugar: 5.73g (6.36%), Cholesterol: 2.61mg (0.87%), Sodium: 249.99mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.67%), Calcium: 115.96mg (11.6%), Phosphorus: 93.15mg (9.32%), Vitamin B2: 0.14mg (8.04%), Vitamin B12: 0.37µg (6.18%), Potassium: 170.57mg (4.87%), Vitamin K: 4.12µg (3.92%), Vitamin B5: 0.39mg (3.89%), Zinc: 0.56mg (3.75%), Magnesium: 13.06mg (3.27%), Selenium: 2.09µg (2.99%), Vitamin B1: 0.03mg (2.32%), Vitamin B6: 0.04mg (2.11%), Folate: 8.29µg (2.07%), Fiber: 0.38g (1.52%), Manganese: 0.02mg (1.2%), Vitamin C: 0.89mg (1.08%), Copper: 0.02mg (1.05%)